

Out of this world goal: 3 - 5 years

[Empty box for long-term goal]

S.M.A.R.T. goals: 1 year

[Empty box for SMART goal 1]

[Empty box for SMART goal 2]

[Empty box for SMART goal 3]

[Empty box for SMART goal 4]

[Empty box for SMART goal 5]

# Reach for the stars

building passions & habits into your life to realize your goals

Steps / habits towards my goals

[Empty box for step 1]

[Empty box for step 2]

[Empty box for step 3]

[Empty box for step 4]

[Empty box for step 5]

[Empty box for step 6]

[Empty box for step 7]

Write your answers amongst the stars above to...

- What do I like doing?
- What am I good at?
- How do I like to spend my spare time?
- What do other people say I am good at?
- What am I passionate about?
- If I overheard a conversation and really wanted to interject, what would that be about?

Which 4 skills, passions or hobbies above would give you a sense of fulfilment if you could do them daily?

[Large empty box for selecting 4 skills/passions/hobbies]

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If this process has helped you, we'd love to hear about. Visit our website [Stellography.com](http://Stellography.com), or Twitter (@Stellography) or Facebook (Stellography)

Simple. Measurable. Attainable. Realistic. Timely.