

STAR Course Goal Setting

Air Institutes delivers courses that accelerate change

Individualized course with goal setting, and action plans.



Action Planning

Lesson Goals

This is where the rubber hits the road.

Each of these lessons should be followed up with specific goals of this lesson. Each lesson introduces key concepts and exercises that are designed to build your resilience.

Action Plan

Specific
Measurable
Action Oriented
Realistic
Time sensitive

Write down your Lesson goals here...

Goal	Specifics - including dates!	Barriers and solutions!
Step 1		
Step 2		
Step 3		
Step 4		

ACCOUNTABILITY

Following each GOAL, you need to let someone know the goals they are working towards. Let someone know the goals YOU are working towards.