

# The Resilience 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. Accountability fuels motivation and is key to your success!