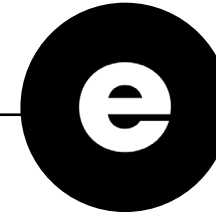


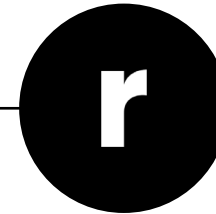
**WELL-BEING**



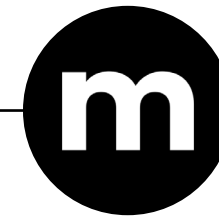
Positive  
Emotion



Engagement



Relationships

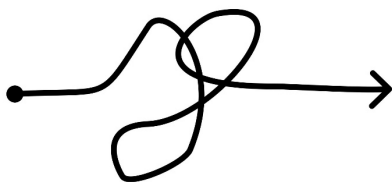
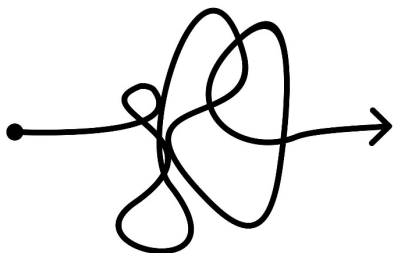
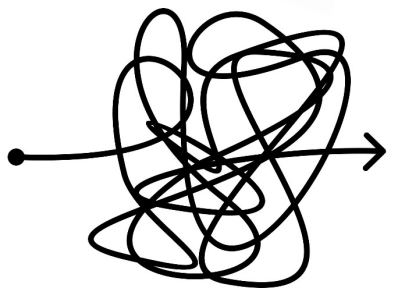


Meaning

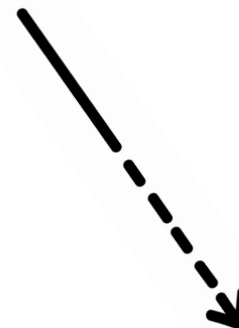


Accomplishment

Your brain on  
MULTIPLE  
goals



Your brain on  
ONE  
goal



Specific

✓ Does this goal make sense? Is it clear?

Measurable

✓ Is the goal measurable?

Achievable

✓ Is this goal challenging but not impossible?

Relevant

✓ Is this goal functional and necessary?

Timebound

✓ When will the goal be complete?

Specific	✓ Complete an MS in Organizational Psychology
Measurable	✓ Finish 46 competencies at 1.39 per week
Achievable	✓ Maybe. I will need to monitor.
Relevant	✓ Yes. It will help me do a better job.
Timebound	✓ February 2024



## Process

Behaviors we need  
to repeat regularly

## Performance

Standards for our  
process goals

## Outcome

What you want to  
achieve in the end



## Process

One assessment per week

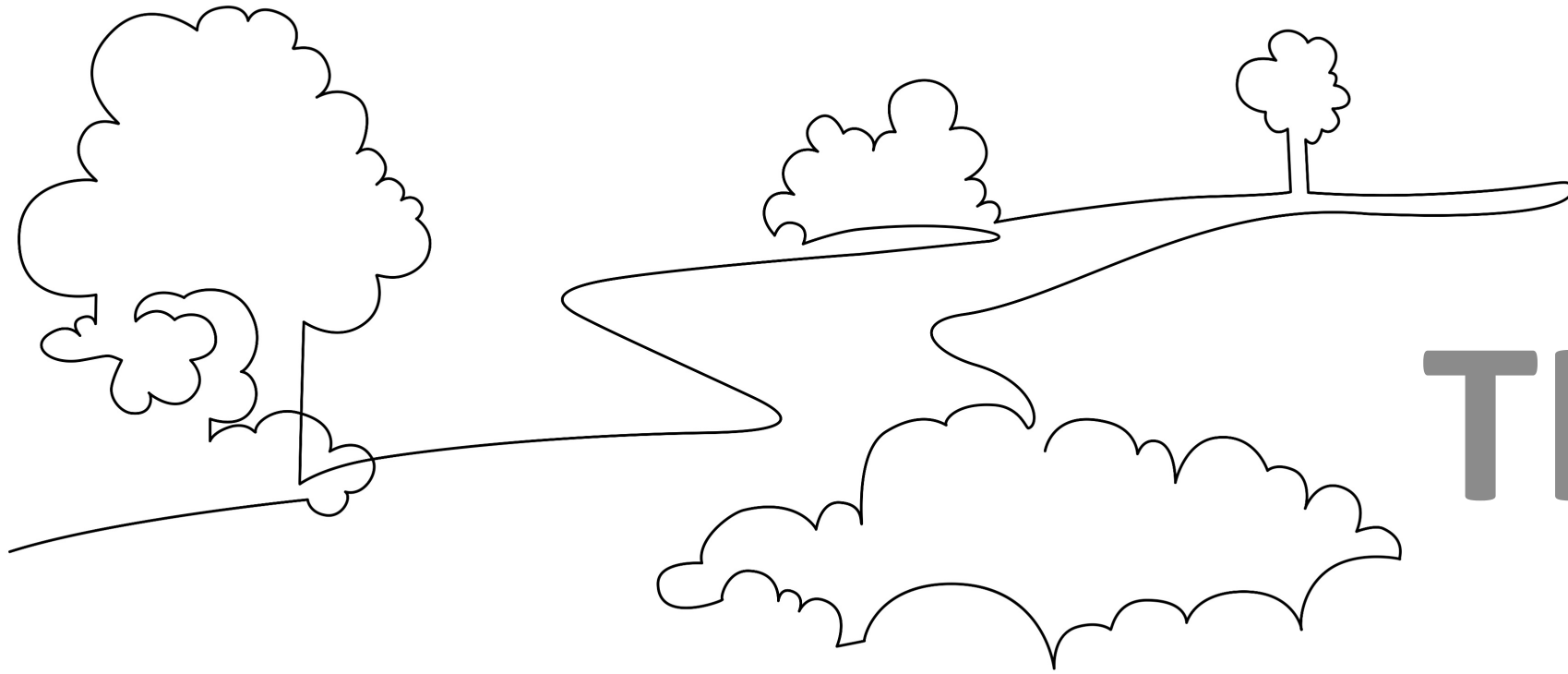
## Performance

Writing and research  
at passing or above

## Outcome

Complete my MS by  
the end of February  
2024

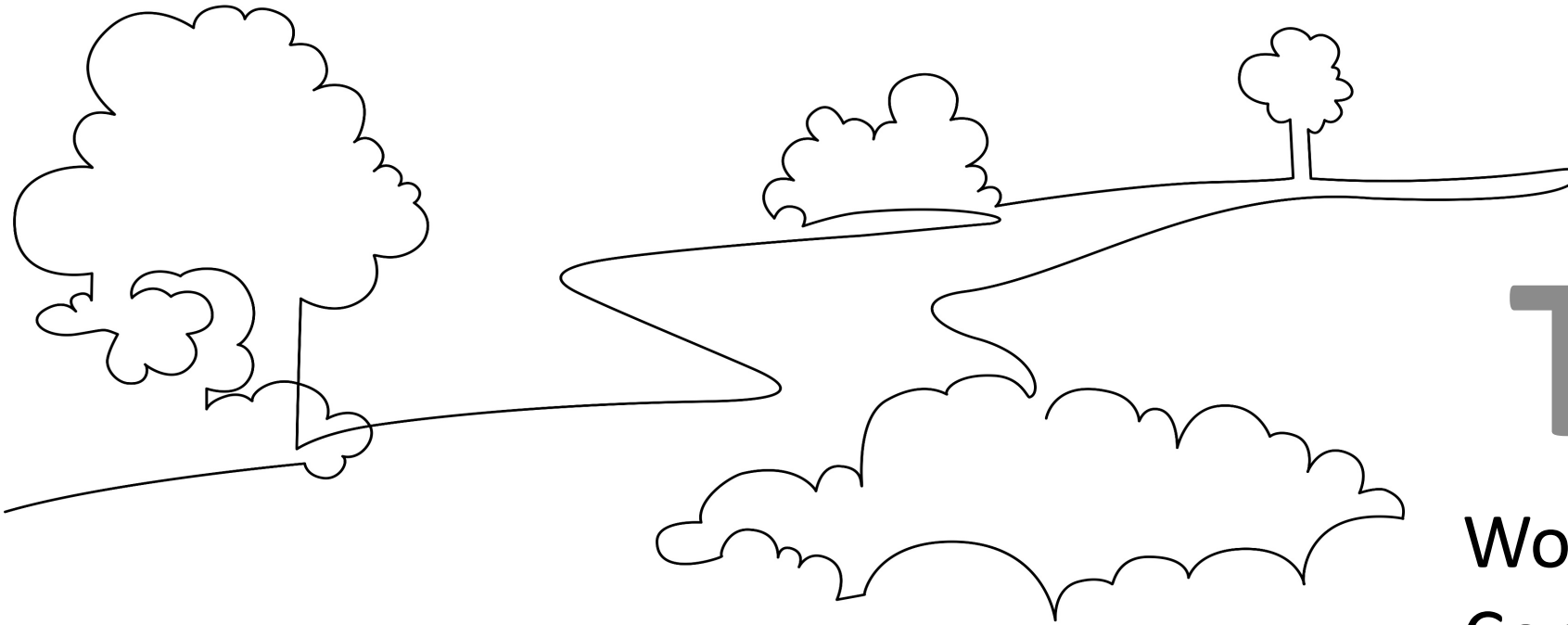
# WHEN...



# THEN

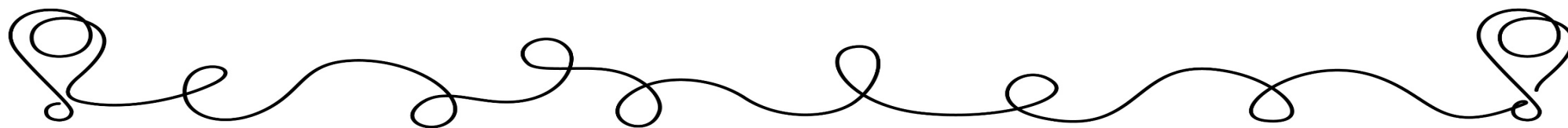
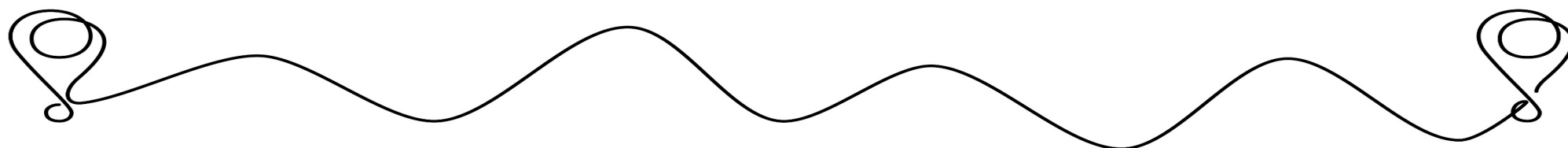
# WHEN...

Saturday morning at 9am

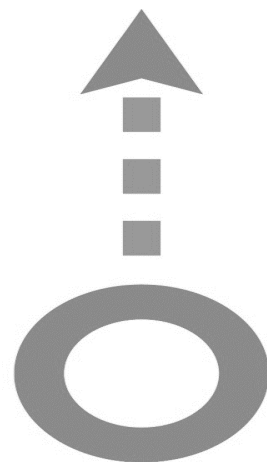
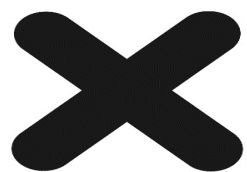


# THEN

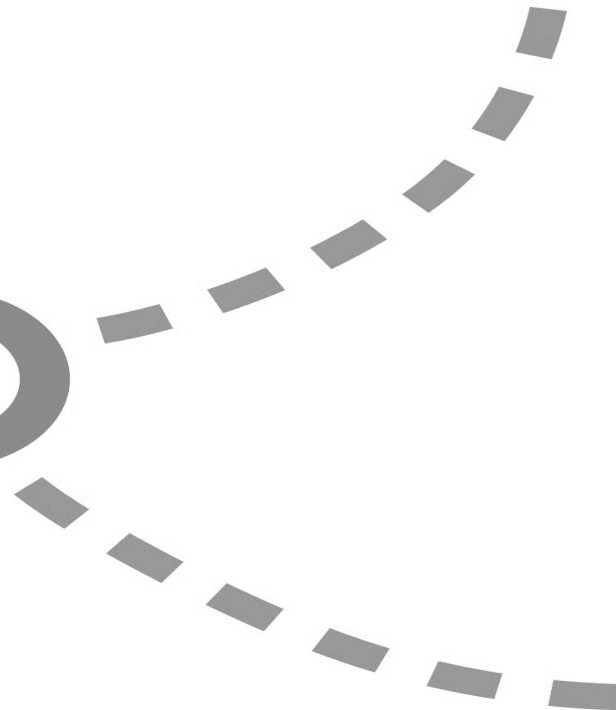
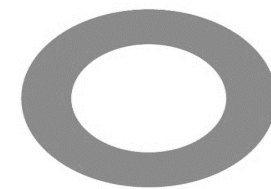
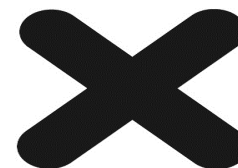
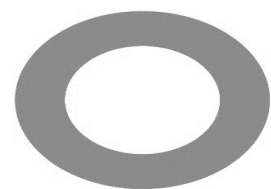
Work on Organizational  
Consulting assessment



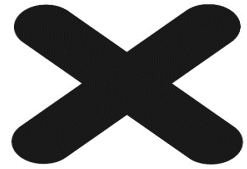
**IF...**



**THEN**

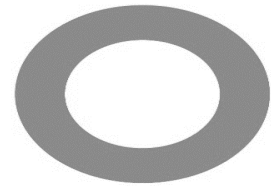


**IF...**



I miss a week of work.

**THEN**



I will do two competencies  
next time I have a vacation.

