

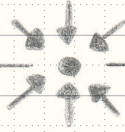
LAMY

Workshop

*Getting Smarter*

A hand-drawn illustration on a notepad. On the left is a simple drawing of a lit lightbulb with radiating lines. To its right, the words "Getting Smarter" are written in a cursive script. "Getting" is in red and "Smarter" is in blue. On the right side of the text is a target with an arrow hitting the bullseye.

1



2

3



4



5



6



1. Your goal/Dein Ziel

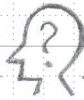
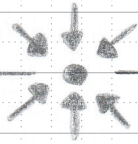
2. Define your goal precisely!/Definiere dein Ziel genau!

3. How can you track your progress?/Wie kannst du deinen Fortschritt kontrollieren?

4. Name the reasons for your goal./Aus welchen Gründe verfolgst du das Ziel?

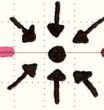
5. Is your goal achievable?/Ist das Ziel erreichbar?

6. Set a deadline!/Lege eine Deadline fest!



# Goal

*Specific:*



*Measurable:*



*Attractive:*



*Realistic:*



*Time Bound:*

