

Section 5: Defining your Goals

Additional Resources:

- SMART Goals- <https://www.mindtools.com/pages/article/smart-goals.htm>
- 20 Best SMART Goals Examples for Small Businesses in 2018-
<https://fitsmallbusiness.com/smart-goals-examples/>
- National Council- Trauma Informed Care Learning Community S.M.A.R.T. GOALS-
<https://www.nationalcouncildocs.net/wp-content/uploads/2014/01/SMART-Goals-NEW.pdf>
- Trauma Sensitive Schools- SMART Goals-
<https://traumasensitiveschools.org/creating-successful-action-plan-part-1/>