

Summary

Module 6: Vision

This week we set our sights on the future, looking at goal-setting strategies, as well as reviewing the tools and tips we have gained from previous modules.

We have all come so far in the Emerge Program. Even though this workshop focused on the future, it can be great to reflect on the past eight weeks and all the lessons we have learned!

**WATER THE
ROOTS, TO
ENJOY THE
FRUITS!**

SMART goals have the following characteristics: Specific, Measurable, Action-oriented, Realistic, and Time-bound. By making sure that you Evaluate and Revise as you go, your goals will be SMARTER!

It is important to get to know your own habits and to understand when and how you perform at your best. Once we understand this, we can begin to set and achieve our goals.

And to every participant in the Emerge Program, the whole Fitted for Work team would love to extend a warm thank you. We are so glad we got to share this experience with you.

