

# Goal Setting:

A MindSculpt Class for  
Guahan Academy Charter School  
Friday, January 20th - 8:00 AM ChST

Do you struggle with following through & achieving goals you have? You're not alone. There is an art to goal setting & this class will introduce important tips.

Join our licensed therapist & your team members to learn & start practicing this skill. You will learn:

- To define proper goals & their components
- The impact of goal setting on our mental health
- The reasons to set goals & scientific evidence
- Exercises that reflect on current ambitions & walk you through setting SMARTER goals

There's never a better time to revisit your goals & values than right now. Join this collaborative event.

**No Registration Required**  
RSVP to the team calendar invite.

