

L.O.V.E. Letters at Work

Name _____ Date _____

L = Last week I committed to _____

O = One thing I am looking to achieve: In the short term _____

In the mid term _____

In the long term _____

V = Victories

In the last week	Last Month	Last Year	Last 3-10 Years

E = Exciting projects ahead

In the next week	Next Month	Next Year	Next 3-10 Years

One DUMB Goal (Dream-driven, Up-lifting, Method-friendly, Behaviour-linked)

Supporting SMART Goal (Specific, Measurable, Achievable, Relevant, Timely)

Accountability Partner
