

Digest 2 – March 2025

Theme: Goal Setting

The March monthly theme is **goal setting!**

Cohort Discussion:

How do you keep yourself accountable on your goals? How do you adapt when circumstance post a challenge to reaching goals?

Cohort Activities:

- Create a list of your accomplishments in 2024 and your goals for 2025. Outline the steps you can take to achieve your goals.
- Conduct a personal SWOT analysis to map your strengths, weaknesses, opportunities, and threats (learn more here: [A Guide to a Personal SWOT Analysis | Pepperdine Graziadio School](#))
- Discuss your analysis with your Mentor or with your cohort and identify actions you can take to set yourself up for success.