

# ~ Achieve Your Goals ~

## 15 GOAL SETTING STRATEGIES THAT WORK

1. Begin by brainstorming ideas of goals you want to accomplish.
2. Narrow your goals down to 1 *specific* goal to be your priority.
3. Write down your goal in big letters, print it out, and hang it somewhere where you will see it.
4. Check to make sure your goal is measurable - write down how you will know when you have accomplished your goal.
5. Write down where you are *now* and keep it with your goal.
6. Create daily or weekly check in points to assess your progress – program reminders in your calendar or write them in your planner so you won't forget.
7. Give your goal a deadline.
8. Complete one task towards accomplishing your goal immediately after setting it to jump start the process.
9. Create an action plan for accomplishing your goal.
10. Create a plan or strategy to overcome setbacks.
11. Tell someone else about your goal.
12. Research your goal or find a community of others striving for the same thing.
13. Lessen distractions and temptations.
14. Create milestones and celebrate each one along the way.
15. Fill out the chart below with daily tasks that will help you achieve your goal.

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DATE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY