Successful Goal Setting

Make sure that your goals are:

ACHIEVABLE
Start with a small goal and grow from there.

SPECIFIC
Make goals that are focused on actual steps you can take.

POSITIVE
Focus on what you WANT rather than what you don’t want.

REVISITED
Check back in with your goals on a regular basis, and refine your goals as you go.

FORGIVING
Accept that sometimes you won’t do as well as you want. Be prepared for days when things don’t go right, and make a plan for how you will get back on track.