

# *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.