

HOW TO CRUSH YOUR GOALS



10. Celebrate Success

Find ways to reward and recognize your effort and to celebrate your success as you get closer to the finish line. Positive reward, including recognition from others can be highly motivating. You're making it happen so celebrate your courage, commitment and growth!

8. Stay Positive

Consider keeping a journal as you make progress. Note the successes and high points as you make progress. This will help you see that small steps do make a difference over time.

6. Remain Flexible

Setbacks are inevitable. You may need to slightly adjust your goal or the actions you are taking to get there to stay on track. Don't give up, flex instead.

4. Find Motivation

It takes time and effort to meet goals. Determine how you will stay motivated especially if your goal will take time and effort. Consider making a motivational playlist or find an inspirational quote that keep you connected to your *Why* to help keep you focused and motivated.

2. Define your *Why*

Why do you want to accomplish this goal? Look inside. Why is this goal important right now?

9. Get Support

Part of your commitment to the goal is sharing it with others and asking for help. We all need encouragement and support through tough challenges. A support group, mentor or trusted friend can make all the difference.

7. Be Strategic

Small steps can result in big progress. Break actions and activities into small steps. Focus on daily, weekly and monthly actions and activities. Most complex goals can only be met through dedicated daily practice and action. Most of us can't lose weight or get fit overnight. It's the daily work that counts.

5. Imagine the Future

Imagine the better future meeting this goal will help you achieve. Note your progress toward this better future and all it promises.

3. Commit to *How*

Make a firm commitment to the goal by writing it down. Be specific about how you are going to make this goal happen. What actions will you take and what resources will be needed for you to make progress? What behavioral changes will be needed? Be both optimistic and realistic.

1. Define your *What*

What do you want to accomplish? Be specific.
What will meeting this goal do for you?