Goal-Setting & Achievement

1 Choose your goal & write it down.

2 Use "Why?" Thinking.
Why is this important to you?

3 Use "What?" Thinking.
What do you need to do to achieve your goal? Include what, when, and where.

4 Write down the steps you need to take to reach your goal.

5 Prepare for obstacles and have a plan to overcome them.

6 Post a visual reminder of your goals.

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