

# SET YOUR GOALS!

Use These 12 Ideas to Have More Success with Your Goals!

Which of the 12 Tips Below Inspires You the Most?

**S**

## SET SMART GOALS

Make your goals SMART - Specific, Measurable, Actionable, Realistic & Timebound!

**E**

## EXCITEMENT!

Big, exciting goals are often easier to achieve because they're so inspiring to work towards!

**T**

## TAKE ACTION REGULARLY

Gain momentum & achieve goals easily through regular action - however small!



**Y**

## YOUR PLAN

Chunk your goals down into stages, identify the steps along the way, then work your plan!

**O**

## OUTSIDE THE BOX!

Keep an open mind & be prepared to achieve your goals in unexpected ways!

**U**

## UNDERSTAND WHY YOU WANT YOUR GOAL!

Your "Why" will keep you going when your enthusiasm wanes or you have a difficult step to take.

**R**

## REACH OUT!

Who will help you achieve your goals? Who supports and encourages you? Ask for help!

**G**

## GO FOR IT!

No more procrastination! Stop putting things off and go for it instead!

**O**

## OBSTACLES

List your obstacles - whether it's you or something else. NOW you can do something about them.

**A**

## AUTHENTICITY

For goals that feel good and are easier to achieve, align your goals with WHO you are.

**L**

## LEARN TO PRIORITISE

Most of us have more to do than time available. Ask yourself, "What matters most" and work on THAT first!

**S**

## STAY FOCUSED!

Determination and perseverance are more important to your goals than skills or ability! Stay focused and succeed.

FINALLY, CHOOSE 3 TIPS TO JOURNAL AROUND AND EXPLORE MORE DEEPLY:



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