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Top tips to achieving your GOALS THIS YEAR

1

Start with the end in mind

Truly ask yourself "Where do I want to be in 12 months? What does that look like for me? And WHY do I want that?"

2

Break your big goal down

Vague goals produce vague results. Break your main goal down into small actionable steps to do daily or weekly.

3

Set fewer goals to complete first

Most people set too many overwhelming and massive goals at one time. Try aiming for only 5-7 at first. Then keep going!

4

Put your goals down in writing

Writing your goals down gives you more accountability and a greater probability of achieving them. Keep a journal!

5

Have a timeline and set deadline

Having an exact timeline with a set deadline will help motivate you and create a sense of urgency to crush it before then.