



Setting goals for success

Changing behaviors can be challenging! There are a few simple strategies that can lead to success when setting and achieving goals.

- 1. Set a goal that is SMART!**
 - Specific
 - Measurable
 - Achievable and Realistic
 - Time Sensitive
- 2. Keep it small.** Our mind is able to work best when we break bigger changes into smaller actionable things. Each time you hit a smaller goal you will be motivated to keep going.
- 3. Make a road map.** Sit down and plot out exactly what you want to accomplish to make your change stick.
- 4. Tell someone.** Tell a family member or friend about the changes you are looking to make and give them ideas of how they may support you.
- 5. Focus on fun.** Goals that add some fun into the mix are usually easier to attain because the process is so much more enjoyable.
- 6. Make it easier** to practice good habits. If your goal is to walk in the morning before work, set out your clothes and shoes ahead of time so right when you wake up you are set to head out the door.
- 7. Pinpoint your obstacles.** One of the most important aspects of goal setting is to put some time and energy into figuring out what the barriers to success are.
- 8. Expect to feel uncomfortable.** Focus on what is feeling good as you work through feelings of discomfort.
- 9. Pair chores with pleasures.** Mix your activities that you are participating in to reach your goals in with something pleasurable and rewarding.
- 10. Reward yourself.** When you hit a milestone...celebrate!