

Setting Goals!

1

Changes need to be made, but where do you start? How can we make sure the end result is different this time?

Setting Goals! That's how. It can be as easy as stating what you want the outcome to be or as complicated as seeing how each successive goal will lead to the next. The choice is yours.



2

Ok, now you have come up with a few goals. Now what?

Well, you need to be sure they are attainable and realistic in the time frame you have in mind. Perhaps it might be best to come up with a list of short term goals and then a list of long term goals that may take longer to achieve and be contingent on other factors.

The short term goals will bring about a sense of accomplishment that will carry you through to continue to work on the long term goals.

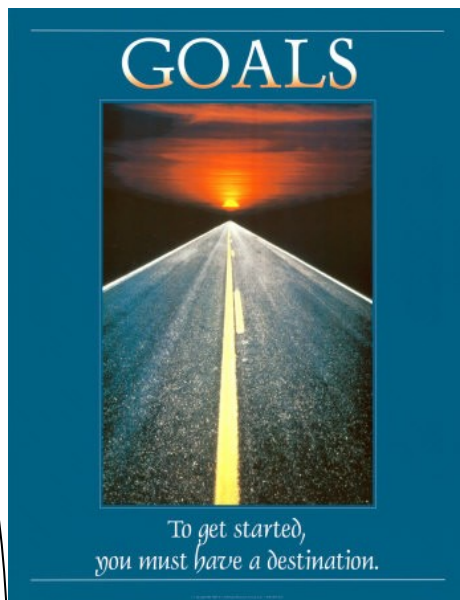
Being able to see close in front of you as well as further down the road will ultimately lead you where you want to go.

3

Your goals are sound, both short and long term goals seem reasonable. How do you achieve them?

Now you need a plan. Your plan should have step by step ways that will bring your goals and dreams to fruition. This means how you will overcome obstacles, how you will not lose interest, how you will be consistent and how you will hold yourself accountable.

Part of holding yourself accountable will involve creating a support system to help you when you may need it. Coaching may be part of that support system



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