



# REALIZING, REACHING, ACCOMPLISH YOUR "GOALS"



## 1st of ALL...

Making goals is easy... it's sticking to them that are hard. Just ask people who make the same New Year's resolutions year after year. There are some tips that can help you meet your goals. First, make your goals realistic. Also, break your goals into parts, and focus on the little things that you achieve on the journey to achieving the goal, rather than thinking about what you've done wrong. Here are some helpful tips to guide you along your journey to your goals:

What will you do when you attain the desired goal?

What will be different?

Visualize your life then.

Write down all your goals.

Give yourself due dates and rewards.

Check goals off when you get them done.

Talk to your family and friends!



## "Inspire yourself To Attain Goals"

**Stay Positive:** When people stray from their goals, it is tempting to give up altogether, but slip-ups are actually part of the learning process. Successful people are those who bump up against resistance and keep on going.

**Optimism Helps:** Thinking positively helps people achieve goals. Optimism brings success, and success, in turn, can help people stay motivated to achieve their goals.

**Stay Motivated:** Recognize and enjoy small successes is one motivator. Taking inspiration from someone or something else also helps many of you.

**Focus on Accomplishments/Not Failures:** If you're struggling with some of your goals, admitting them and reaching out to a friend, and **LEARNING** from your mistakes is key.

**Reassess plan:** Periodically, review the progress that is being made towards each goal and revise plans as necessary. Be sure to celebrate the small achievements that will ultimately result in meeting the goal. Most of all, take it easy on yourself. Take setting goals one day at a time, then a week, then a month - and then it will be a year.

*Common Goals*

- Lose weight
- Personal Development
- Better Grades in School
- Get more exercise
- Kicking a bad habit

"A dream is what you would like for life to be. A Goal is what you intend to make happen. A goal is the near look; what, specifically, you intend to do on a daily basis to get there."  
-Denis Waitley