



GOAL SETTING

TURNING INTENTIONS INTO ACHIEVEMENTS

Setting goals is more than just writing down an idea and setting a deadline. It's about creating a vision, defining your "why," and breaking it down into actionable steps that keep you motivated and on track. The key to success is not just setting goals but taking consistent action toward them.

STEP 1: DEFINE YOUR "WHY"

Your "why" is the deep-rooted reason behind your goal. Understanding why you want to achieve something will keep you committed, even when motivation fades. Ask yourself:

- What impact will achieving this goal have on my life?
- How will I feel when I accomplish it?
- What happens if I don't follow through?

STEP 2: SET A BIG GOAL

A big goal is your ultimate objective. It should be specific, measurable, and inspiring. This goal serves as your destination, giving you a clear sense of direction..

STEP 3: BREAK IT DOWN INTO SMALLER GOALS

Big goals can feel overwhelming, so breaking them into smaller, achievable milestones makes progress feel manageable. Each small goal should be a stepping stone that builds momentum toward your ultimate goal.

STEP 4: CREATE ACTIONABLE STEPS

Each small goal requires steps to complete. Outline what you need to do, and create a plan that includes:

- Specific actions to take
- A timeline for each step
- Tools or resources needed to stay on track.

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DATE

WHAT IS YOUR WHY?

NEW GOAL

GOAL DATE

SMALLER GOALS

1

2

3

4

5

6




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TOOLS / RESOURCES

ACTIONS FOR EACH GOAL

1	
2	
3	
4	
5	
6	

TIMELINE DATES

STEP 5: CELEBRATE SMALL WINS

Acknowledging progress keeps you motivated. Celebrate small victories along the way—each step completed is proof that you're moving forward.

STEP 6: STAY CONSISTENT AND DISCIPLINED

Success comes from daily habits and commitment. Even when motivation dips, discipline will keep you going. Stay accountable by:

- Tracking progress regularly
- Adjusting your plan as needed
- Reminding yourself of your "why"

FINAL THOUGHT

Goal setting isn't just about reaching an end point; it's about the growth, discipline, and consistency developed along the way. Take action, stay focused, and watch your goals turn into reality!

NOTES & FREE THOUGHTS