

Setting Goals

Writing down your goals makes it more likely that you will achieve them. Long-term goals set your direction, while short-term goals enable you to have quicker victories and build momentum towards your ultimate success.

Tips for creating goals.

1. **Goals must be specific and measurable.** This means you can clearly tell if you have achieved your goal. For example, "Reduce my stress" is vague but "Reduce my stress by performing yoga 3 times a week" is specific and measurable.
2. **Goals must have a deadline.**
3. **Goals must be challenging** and must force you to grow.
4. **Goals must be believable,** but not necessarily easy. You must believe that achieving the goal is possible.

Set long-term goals (one year or longer) :

1. _____
2. _____
3. _____

Set some short-term goals (less than one year) :

1. _____
2. _____
3. _____