

Share your goals with an accountability partner to keep you on track toward completing your goals.

Goal Setting in the New Year

The new year is a popular time to think up new goals to achieve in the coming year. If you can picture the life you want to lead, you can achieve it through realistic, measurable goals.

Set Achievable Goals

The key to attaining your dreams is simple: set S.M.A.R.T. short-, mid- and long-term goals. Short-term goals are tasks that are achievable within a brief amount of time, such as the next two weeks. Often, these goals are smaller pieces of larger mid- or long-term goals. Mid-term goals are attainable within a few months, while long-term goals are bigger, more challenging goals that can take time to complete. For example, if your long-term goal is to run a marathon, a short-term goal may be to complete a 5K race, while your mid-term goal may be to complete a half marathon.

Visualize Your Success

Visualization creates a vibrant picture in your mind of what your life will look like when you've achieved your goals. For inspiration, consider:

- **The Positive Power of Why:** Why do you want to fulfill this goal?
- **The Price of Completion:** What are the steps you need to take to make this goal happen?
- **The Cost of Non-completion:** What will happen if you don't achieve this goal?

Visualizing your goals and answering these meaningful questions will help build a blueprint for your focus and aspirations. Once you have your big vision of your future, create smaller achievable goals to turn it into reality. Write down your goals, and post them where you will be reminded of them daily.

SMART GOAL SETTING

- S. SPECIFIC & WRITTEN
- M. MEASURABLE IN PROGRESS & COMPLETION
- A. ACHIEVABLE OUTCOME
- R. REALISTIC IN TIME & SKILL
- T. TIME-BASED ACHIEVEMENT

