

## Helpful Hints about Goal Setting

- ➡ **Be sure you have a goal, not a dream.**
- ➡ **Be sure you are capable of achieving the goal.**
- ➡ **Be sure the goal is in your best interest.**
- ➡ **Be sure your goal is challenging enough to help you make progress.**
- ➡ **Be sure your goal is clear and well defined.**
- ➡ **Be sure your goal has a time limit.**
- ➡ **Be sure the goal is something that can be measured to show your progress.**
- ➡ **Be sure to have a plan to follow or implement to achieve success.**
- ➡ **Be sure to believe in yourself and persist when hurdles get in your way.**
- ➡ **Be sure to share your goal with someone who will encourage and guide you to success.**
- ➡ **Be sure to celebrate when you succeed.**
- ➡ **Be ready to rewrite your goal with smaller steps, if it is not achievable at the present time.**

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