

7 Steps to Goal Setting

1. Make sure the goal you are working for is something you really want, not just something that sounds good.
2. A goal has to be realistic.
3. Find a balance in all areas of life: family, financial, career, spiritual, physical, social, educational.
4. Form your goal in a positive way, so that you feel like you are gaining something.
5. Write your goal in detail. Be specific in what you want, when you will achieve it, and the steps you need to get there.
6. By all means, make sure your goal is high enough so that you feel challenged and motivated.
7. Most importantly, write your goal down and keep track of the steps. Celebrate when you have achieved it!