

8

WAYS TO MAKE A GOAL BETTER



1 Turn the *want* into *will*.

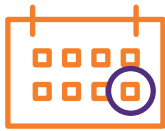
"I will" is a powerful declaration, not a weak wish. Long-lasting change is more likely when it's rooted in positive thinking!

2 Don't just think about it, write it down.

People who write down their goals regularly are 42% more likely to meet them.



3



Set a deadline.

Don't let tomorrow become never.

4

Make your action plan something you know you can achieve.

In other words, keep it real.



6



Share your goals.

Tell a friend, a family member, or a co-worker. Ideally someone who cares and will hold you accountable.

7

Put them on display.

Seeing your goals often will keep them top-of-mind.



5



Measure progress along the way.

People who monitor progress are much more likely to achieve and maintain their goal than those who don't.

8

Find your why.

To have more energy? To feel more confident? For fun? For your family? Determine the deeper reason and then use it to push yourself forward when times get tough.



Newfoundland
Labrador


PARTICIPACTION