

HOW TO SET AND ACCOMPLISH GOALS



GET YOUR MIND STRAIGHT

Everything starts with your mindset. How you see things often informs how you go about doing things. So spend time thinking through how committed you are to accomplishing what truly matters to you.



SET A GOAL (OR TWO)

Pick a realistic, yet bold goal. Don't go crazy; limit yourself to no more than two goals. Pick more than two and you are setting yourself up for disappointment.

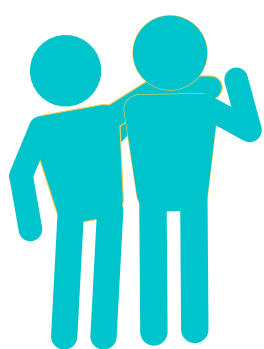
Be specific. Identify a clear starting point and finish line for each goal.



PLAN TO MAKE IT HAPPEN

Establish 'how' you are going to make your goals happen. Identify the key steps or activities you will complete and when you will get them done.

Write down your plan and put keep it 'in your face' so it doesn't get lost in the throws of your daily life.



PICK A PARTNER

We conducted a study of 250 people, who attended a training class and made commitments to implement what they learned.

15% of those who made commitments but failed to pick an accountability partner, stuck to their plan. On the other hand, those who asked a partner to hold them accountable achieved success more than 50% of the time.