GOAL SETTING

Discipline

Breaking big goals down into smaller, more manageable tasks makes it much easier to see how the goal will get accomplished.

Think of your big picture goal.
Next, write down all the steps you can take in the time frame to help you get to that goal.

In 1 YEAR I will...

6 MONTHS from now I can...

1 MONTH:

This WEEK I can...

Here's an example:
In 1 YEAR I will... run a marathon
6 MONTHS from now I can... run 13 miles
1 MONTH: run a 5K
1 WEEK: run 1 mile

Elements of effective goal setting
- Be specific and measurable
- Set a time frame
- Make it Realistic / Attainable