



2017 Spring Mind Body Reset

Goal Setting

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 20 days I will...

10 days from now I can...

In 1 week:

Today...

Here's an example:

In 20 days I will...have lost 5 pounds

10 days from now I can...tell 2 people the progress I've made and how I feel

In 1 week: I will be working out 10 minutes every day

Today: I will drink 100 ounces of water

Elements of effective goal setting

- Be specific and measurable
- Set a time frame
- Make it Realistic / Attainable