

CREATING ACHIEVABLE GOALS

**BE REALISTIC ABOUT
YOUR CURRENT
SEASON**



CREATE GOALS THAT FIT YOUR LIFE AS IT IS RIGHT NOW – NOT THE LIFE YOU THINK YOU SHOULD BE LIVING.

**BREAK BIG GOALS INTO
SMALL STEPS**



**BIG DREAMS BECOME ACHIEVABLE WHEN YOU
FOCUS ON THE NEXT SMALL, DOABLE ACTION.**

ALLOW FLEXIBILITY



**GOALS CAN EVOLVE. ADJUSTING YOUR PATH
DOESN'T MEAN YOU'VE FAILED – IT MEANS YOU'RE
LISTENING TO YOURSELF.**

**MEASURE PROGRESS
GENTLY**



**PROGRESS ISN'T ALWAYS VISIBLE. SMALL WINS AND
CONSISTENCY MATTER MORE THAN PERFECTION.**

**FOCUS ON ACTIONS
YOU CAN CONTROL**



**YOU CAN'T CONTROL OUTCOMES, BUT YOU CAN
CONTROL THE STEPS YOU TAKE EACH DAY.**