

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.