

~Eat Right, Live Well, Be Healthy~

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Goal Setting 2012

6 steps to setting personal, achievable goals

Step 1: Brainstorm:

Write Down Everything that you want to work on.

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Step 2:

Review your list. Cross out (with a simple line) anything that seems too ambitious for one year.

Step 3: Categorize  
Breaking down your goals into categories helps you see what parts of your life that you are most looking to improve.

PERSONAL

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SPIRITUAL

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FINANCIAL

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Step 4: Prioritize

List your goals one more time in order of importance for each category.   
Reword any of your goals to have only positive words.

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PHYSICAL

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FINANCIAL

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Step 5: Milestones

Review your Priority list, set at least 1 milestone for each goal. Goals need to have obvious steps to help you achieve them!  
Add those mile stones to your list.

Step 6: Reward Yourself

What’s the point of achieving a goal if you can’t celebrate it! Depending on your goals, you can reward yourself per milestone, goal or completion of the category. It’s all up to you!!