

- ✓ Prioritize your goals. Are some of these items long-term or short-term? Do you see any themes emerging with your list?
- ✓ Evaluate your strengths and weaknesses to assess which goals are realistic.
- ✓ Adjust your goals accordingly, as not every circumstance is under your control.
- ✓ Understand that success is the result of your motivation, goals, circumstances, and hard work.

KEEP IN MIND

Learning to set and meet goals is a life-long process. When you achieve one goal, be sure to set time aside to celebrate the victory. Then, set your sights on a new objective, and include others in your process. Remember, you're not alone when it comes to figuring out how to set and achieve goals. Consider engaging a life coach or counselor for guidance on next steps.

What steps will you take today to identify and achieve what matters most in your life?



Motivation and Goal-Setting
Health & Wellness

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WELL-BEING BEGINS HERE

Do you find it's easier
to set goals than
ACHIEVE THEM?

Imagine for a moment how much more productive and satisfying life may be as you become an expert at setting and achieving goals in every aspect of your life.

Staying motivated is important when it comes to setting and completing goals. When we combine our desires, values, and beliefs, we create motivation.

Since we have influence over each of these three elements, we can therefore control our level of motivation. When you value something and choose to set realistic goals for attaining it, there will likely be a good outcome.

MOTIVATION TIPS

When it comes to goals, it can be easy to get sidetracked or stalled. Consider these tips to gain and maintain your motivation:

- **Accountability** - Surround yourself with supportive people.
- **Inspiration** - Look for daily ways to uplift your mind and motivation.
- **Consider the alternative** - If you don't make this change, what will your life be like?
- **Practice self-care** - When you take care of yourself, you're more likely to reach your goals.
- **Forgive yourself** - Learn to forgive yourself and keep moving forward.

GOAL SETTING GUIDELINES

When it comes to setting goals, sometimes it can be hard just to know where to start. Consider the following guidelines when determining your new goal:

- **Accountability** - Set aside some time to think about your goals.
- **Think big** - Ignore negativity and inspire yourself with world-changing ideas.
- **Stay positive** - Focus on what will be gained if this goal is achieved rather than what will be lost if it's not.
- **Break it down** - Goals should be broken up into attainable and measurable tasks.
- **Envision your future** - Who and where are you in five or ten years? What are you doing?
- **Write a vision statement** - Write a clear and concise vision statement, or purpose for your goal.
- **Be flexible** - Circumstances change, it's important to be flexible and open to change.

ACTION STEPS

The following steps will help you generate the energy needed to take action:

- ✓ Identify your values, beliefs, and desires in life.
- ✓ Think specifically about your work, health, and relationships. How do they relate to your values, beliefs, and desires? Write down these connections.