

GOAL SETTING

FOR SUCCESS

CONSIDER THESE FIVE FACTORS WHEN SETTING PERSONAL GOALS: CLARITY, CHALLENGE, COMMITMENT, FEEDBACK, AND COMPLEXITY.

CLARITY: WRITE YOUR GOAL DOWN AND BE AS DETAILED AS POSSIBLE. MAKE SURE THAT IT'S A GOAL YOU'RE EXCITED ABOUT!



CHALLENGE: CAN I ATTAIN THIS GOAL? IN WHAT WAYS DOES IT CHALLENGE ME?



COMMITMENT: WHAT STEPS WILL YOU TAKE TO ACHIEVE YOUR GOAL? TAKE TIME EVERY DAY TO VISUALIZE YOURSELF REACHING THE HEIGHT OF SUCCESS.



FEEDBACK: HOW WILL YOU ANALYZE YOUR PROGRESS AND HOLD YOURSELF ACCOUNTABLE?



COMPLEXITY: WHAT STEPS WILL BE THE MOST DIFFICULT? HOW WILL YOU MODIFY AND ADAPT?