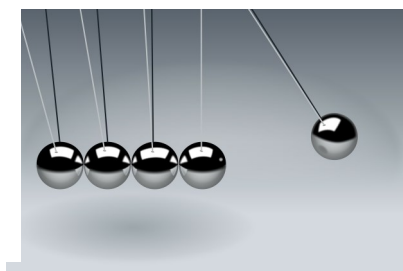




GOAL SETTING

MODULE 1: GOAL SETTING BASICS MOTIVATION

Action Steps... Getting
closer to reach my
goal



ACTION TIP

Ways to be motivated:

- *Celebrating my success.* Knowing that I have been successful in the past and knowing that I can make a change.
- *I am focused on today* and I know that those changes I make today will get me closer to my goal
- I have a *great support system* that includes my family members, friends, co-workers and mentors who are helping me reach my goals.
- I understand that my *routine* will be improved and will encourage positive feelings and emotions that will allow me to get closer to my goals.
- I will *visualize* my success and reaching the goals I am desiring. I know that the vision will become a reality.
- *Creating vision boards* will allow me to see what my success will look like.
- I will feel *energetic throughout the day* so I can stay motivated and stay focused on my goal.
- I will write *a letter to myself*, letting myself know where I am today and how I got there.