Goal-Setting Strategies

- Consider your values; what is important to you or motivates you?
- Set a long-term goal that is consistent with your values. Setting goals that match our values can often lead to greater success in reaching them.
- Set attainable short-term goals, or target goals, as milestones towards your long-term goal.
Goal-Setting Strategies

- Consider your established daily or regular habits that can act as a cue/s to incorporate a new small habit or routine that will support your target goals.

- Continue to evaluate your motivation.

- Leave room for flexibility and adjustment, as necessary.

- Recognize and celebrate yourself when you’ve reached a goal.