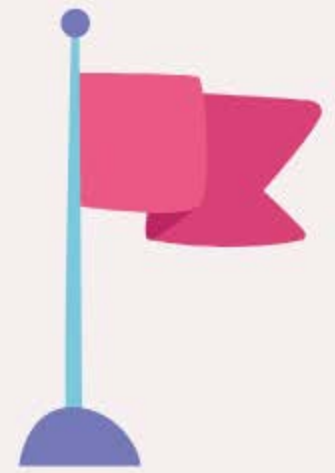


# Goal-Setting Strategies



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.