

Resolutions Strategies

GOAL SETTING 101

1. Use your Categories Wisely

Pick a goal or two from each category of your life that you are inspired to achieve this year.

GOAL GETTER TIP: Remember your why for each resolution you choose. If your goal isn't something you're truly passionate about, then you probably won't stick with it. So set meaningful and inspired goals for yourself.

2. Be SMART about it

Make sure your goal is specific, measurable, attainable, relevant, and time based before you commit to it.

GOAL GETTER TIP: Use my SMART Goal free printable to keep all of your resolutions this year in check.

3. Write it down

Once you've established those fabulous resolutions, write them down. Keep them by your bed or on your desk so you can review them every single day.

GOAL GETTER TIP: Keep your list of goals next to your bed, and read through them every single morning when you wake up until that goal is accomplished. Challenge yourself to touch your list before you touch your phone. Even better yet, get in the habit of reviewing the list twice. Read through it right before you fall asleep as well.

4. Take Action

Once you've decided on your goals, take a little time to focus on how each goal will be met. Develop a specific plan for each one.

GOAL GETTER TIP: Don't let this phase in the goal getting process slow you down or detour you from chasing after what you really want this year. Shed those past memories of any failures and any negative thoughts, and focus on the next small task at hand, not the big picture. Just keep the next small step in mind; execute and then move to the next. You got this!

5. Get Excited

This is the beginning of your journey to becoming what you want to be this next year so be proud and Get EXCITED!

GOAL GETTER TIP: Don't lose momentum early on, and intentionally STAY excited throughout the year. Create boards on Pinterest, join Facebook groups, and curate spaces in your home and life to motivate and inspire you daily.