



Wellness Wednesday

The road to accomplishment is paved with goals. I like to think that everyone has some kind of goal in mind, but getting from start to finish can be a little rocky. Follow the framework below for goal setting to get yourself closer to success!

Think to yourself:

"What do I want to accomplish? Where will I do it? When? How? With? Who can help me?" Establish specifics. Concrete criteria.

Set attainable goals.

If one goal is not reachable, set smaller goals that will guide you to your long term goal.

Map out what you want and how you are going to accomplish it.

Create the path.

Create a timeline.

Track your milestones.

Ensure your goal is clear. Ensure your goal is passionate. Create accountability. Create methods of tracking. You can be creative or formal with this.



Your journey to achievement begins with a single step. You have to start somewhere and work your way to the top--where success awaits!

