



Crushing My Goals!

THE FUTURE BELONGS TO THOSE WHO BELIEVE IN THE BEAUTY OF THEIR DREAM

ELEANOR ROOSEVELT

SMART GOALS

- SPECIFIC
- MEASURABLE
- ACHIEVABLE
- RELEVANT
- TIME-BOUND

HABITS

- TAKE 30 DAYS
- ONLY 1 PER MONTH
- ARE YOUR SUPERPOWER
- WRITE IN PLANNER

BREAK BIG GOALS DOWN INTO SMALLER GOALS.

SET A VARIETY OF GOALS, BUT PACE YOURSELF.

BRAINSTORM

- GATHER PAPER AND PEN
- GO TO BATHROOM
- GET A DRINK OR SNACK
- FIND A COMFY SEAT
- LIMIT INTERRUPTION
- PUT PHONE DOWN
- MEDITATE OR PRAY
- PLAY MUSIC
- SET A TIMER
- CATEGORIZE GOALS

WAYS TO GET UNSTUCK

- PERFECT DAY
- WINNING LOTTERY TICKET
- NO REGRETS
- 6 MONTHS LEFT
- VISION BOARD/TREASURE MAPPING
- LESS IS MORE