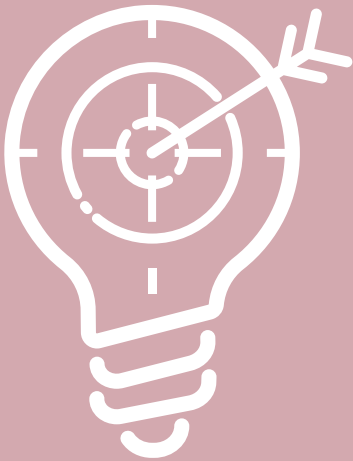




EVALUATE YOUR SITUATION

ASSESSING YOUR PAST AND PRESENT SITUATION IS KEY TO SETTING GOALS TAILORED FOR YOU - WHAT WORKED BEFORE? WHAT DIDN'T? BASED ON THESE, WHAT DO YOU WANT TO IMPROVE ON AND ACHIEVE?



MAKE IT SMARTER

YOUR GOALS NEED TO BE:-

- S - SPECIFIC
- M - MEASURABLE
- A - ATTAINABLE
- R - RELEVANT
- T - TIME-BOUND
- E - EVALUATIVE
- R - REVISABLE



WRITE IT DOWN & BREAK IT DOWN

WRITE DOWN YOUR GOALS TO CLARIFY AND STRENGTHEN YOUR INTENTIONS. BREAK DOWN YOUR GOALS INTO SMALL AND MANAGEABLE STEPS TO OVERCOME OVERWHELM.



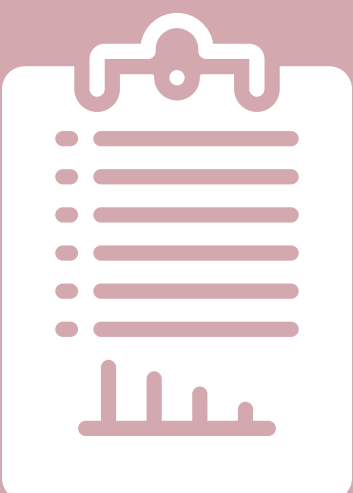
HOLD YOURSELF ACCOUNTABLE

HOLD YOURSELF ACCOUNTABLE BY MAINTAINING FOCUS AND DISCIPLINE THROUGHOUT YOUR PROCESS.



REWARD YOURSELF

REWARDING YOURSELF WILL HELP REINFORCE THE POSITIVE ACTIONS YOU'VE TAKEN SO YOU CAN CONTINUE DOING IT.



DEVELOP SYSTEMS AND HABITS

EFFECTIVE SYSTEMS AND HABITS MAKE IT EASIER FOR YOU TO ACCOMPLISH YOUR GOALS ON A REGULAR BASIS.

WHEN IT COMES TO ACHIEVING YOUR GOALS, YOUR BRAIN CAN BE BOTH YOUR BEST AND WORST ASSET. THE KEY TO SETTING YOURSELF UP FOR SUCCESS IS TO LEARN TO RECOGNISE WHY YOUR GOAL MIGHT FAIL FROM THE OUTSET AND ADAPT IT TO FIT YOU BETTER. WITH THAT IN PLACE, YOU CAN THEN GIVE YOURSELF THE BEST CHANCE TO GET TO WHERE YOU WANT TO BE BY LEARNING HOW TO FOCUS YOUR EFFORTS AND HARNESS THE WILLPOWER IT TAKES TO MAKE ALL YOUR HARD-EARNED WORK TRANSLATE INTO AN ACHIEVABLE GOAL. THE FUTURE IS YOURS TO CREATE!