

## IDENTIFY THE GOAL



The goal must be clearly defined in writing or on a vision board. Be specific and visualize what achieving the goal might look like. Break down the goal into smaller steps to help you achieve it.

## KNOW AND UNDERSTAND YOUR "WHY"



Why is this goal important to you? A clear understanding of why you want to achieve a goal can give you necessary energy to keep going when you don't feel like it.

## SHARE THE GOAL AND THE "WHY"



Tell your friends, family, or other trusted people about your goals. Making others aware of your goals breathes life into them. It also allows you to feed off their encouragement.

## WEATHER THE STORM



There will be moments when you lack motivation. When the things that would normally fire you up don't seem to have the same effect, think back on why you want to achieve the goal and what new things could motivate you. The storm will eventually pass.

## CELEBRATE THE SMALL WINS



Staying motivated is a marathon, not a sprint. Acknowledging the small successes along the way can help keep you motivated until your goal is accomplished.