



GOAL: Declare your goal by writing it on the line below.

Tip: to increase your commitment to this goal, tell another person.

Steps to Achieve Goal

1. _____

2. _____

3. _____

Time Frame

What is a reasonable time frame for completing your goal and each step?

For Step 1? _____

For Step 2? _____

For Step 3? _____

For Overall Goal? _____

Self-Rewards: Create your own reward system.

1. _____ for completing Step 1.

2. _____ for completing Step 2.

3. _____ for completing Step 3.

Tip: Set small rewards for step completion.

Establish a larger reward for accomplishing the overall goal.

Be creative. Rewards do not have to be material goods. They can be as simple as a stroll, a music break, an ice cream cone, or a movie.

Self-Coaching: Create three encouraging statements that you will say to push yourself to meet your goals.

1. _____

2. _____

3. _____

Examples: I can do it! I am a fighter. Persistence pays off; hang in there.

Visualization:

Imagine yourself completing the goal.

Believe in Yourself!!!

Evaluate: Give yourself feedback.

Evaluate your performance by asking questions such as...

1. Am I successfully completing each step?
2. Am I completing each step on time?
3. What could I do differently?
4. Should I adopt new strategies?
5. Should I change anything?

Modify: Modify your goals or create new ones.

GOAL:

Steps to Achieve Goal

1. _____
2. _____
3. _____