

# 8

# WAYS TO MAKE A GOAL BETTER



**1** Turn the *want* into *will*.

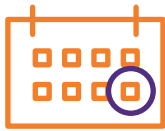
"I will" is a powerful declaration, not a weak wish. Long-lasting change is more likely when it's rooted in positive thinking!

**2** Don't just think about it, write it down.

People who write down their goals regularly are 42% more likely to meet them.



**3**



**Set a deadline.**

Don't let tomorrow become never.

**4**

**Make your action plan something you know you can achieve.** In other words, keep it real.



**6**



**Share your goals.**

Tell a friend, a family member, or a co-worker. Ideally someone who cares and will hold you accountable.

**7**

**Put them on display.**

Seeing your goals often will keep them top-of-mind.



**5**



**Measure progress along the way.**

People who monitor progress are much more likely to achieve and maintain their goal than those who don't.

**8**

**Find your why.**

To have more energy? To feel more confident? For fun? For your family? Determine the deeper reason and then use it to push yourself forward when times get tough.



Newfoundland  
Labrador

**PARTICIPACTION**