

Goal

Be very clear - state your desired outcome

Goal Purpose

What is driving you to pursue this goal?

Goal Challenges

What will make this goal difficult to attain?

Action Steps

What will it take for you to make this goal a reality? Set milestones/mini goals here and note how you'll reward yourself for these mini-successes.

Forgive Yourself, You Will Backslide.

Rather than punish yourself for failing, realize that setbacks are just a normal part of the process. Swear a little bit, be upset, but then forgive yourself and re-commit to your goal - you've got this!