

# Top tips to reach your goals in 2023!

Goals give us **direction**, help us to measure **progress** and enable us to take **control** of our lives! I am sharing my **top 10 goal setting tips** below to help you to achieve your goals!

## 1. CHOOSE MEANINGFUL GOALS

Make sure your goals are **meaningful** to you and will fill you with **pride** when they are achieved!



## 2. MAKE SMART GOALS

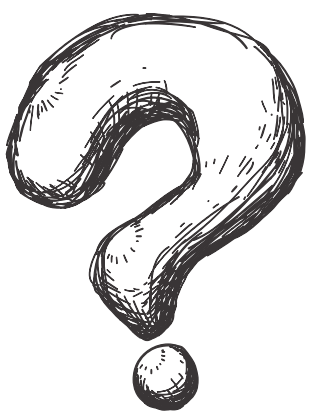
Your goals should be:



**S**pecific  
**M**easurable  
**A**chievable  
**R**ealistic  
**T**imely

## 3. USE VISUALISATION

Use visualisation and **picture** yourself **achieving** your goals and the **benefits** they will bring

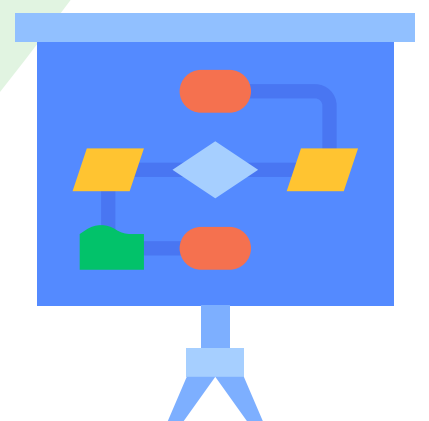


## 4. REMEMBER THE WHY

Consider **WHY** you want to achieve your goals and write your reasons down. This can help with **motivation** later.

## 5. CREATE AN ACTION PLAN

Many people miss out this **essential** step! When setting goals you need to create an **Action Plan** to include all the **steps** needed to achieve your goals.



## 6. ASSESS OBSTACLES

Consider any **risks** or **obstacles** which might get in your way, and consider how to **overcome** these if they arise.



## 7. HAVE AN ACCOUNTABILITY PARTNER



Tell someone about your goals and find someone to hold you **accountable** e.g. a friend, partner, or a coach. An accountability partner will help you stay on **track** and help you to **commit** to your goals.

## 8. PRIORITISE ONE GOAL AT A TIME

Don't try and achieve too many goals at once. Focus your **energy** on **one** goal at a time!



## 9. TRACK YOUR GOALS

Set a **schedule** with **deadlines** and keep a track of this. This will help you to stay focused and **measure** your **progress**.



## 10. CELEBRATE SUCCESSES

**Celebrate** every success and **reward** yourself when you achieve your goal. **You did it!!!**



If you would like some support to reach your goals in 2023, reach out for a chat!

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