

# 3 STEPS TO REACHING EVERY GOAL



**H**aving goals in our lives is important. For some, merely creating goals brings about a positive change. When you make a goal, you are creating an exciting challenge for yourself. To make sure you meet that challenge with the right tools, you will need to do three things.

## 1. WRITE IT DOWN

The first step is to write your goal down on paper. This may seem like a simple step, but it makes your goal visible and tangible. Get out a clean sheet of paper, and write your goal down in clear words.

It doesn't have to be a big dream for it to be useful. Any goal you have should be written down. It should also be somewhere you will look often, or pass by during the day.

## 2. BREAK IT DOWN

You may have a goal of losing weight. This alone seems like a difficult thing to do. But when we break this goal down into its different parts, these smaller goals become easier to handle. Losing 10 lbs. seems overwhelming, but losing 1 lb. a month for ten months is something you can definitely do.

## 3. REMIND YOURSELF

With so many things to do during your busy day, your goals can sometimes be put aside. Write yourself a reminder, and place it where it will be seen often. Your fridge, bathroom mirror, or desk are just a few of the places where you could post your goal.

With these three steps, reaching your goals will be much easier. You want to be happy, and you deserve it. Now you have the tools to go and get it!

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