My Goal Setting System that Actually Works: 8 Steps to Change your Life in Less than a Year.

1. Pick a Goal that Will Change Your Life

What do you want more than anything in the world?

2. Get Crystal Clear About your Vision

What will it mean to you to have this goal? What does it look like for you to have accomplished this?
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3. Look at the Parts

What are all the parts that goes into making this a reality? ie. losing weight might require eating healthy, working out, sleeping well, etc

4. Set Tiny Goals and Do Them Daily

Set a tiny goal - but treat every single one like they are vital. Master one then add another. List all the Tiny Habits you can take to accomplish your goal.
5. Find Several Ways to CONSISTENTLY Measure your Results

i.e. If you are losing weight, you can track pant size, waist size, blood pressure, pounds on a scale, miles ran, etc. List all the ways you can track your progress:

6. Build your Goal into your Daily Routine

i.e. Trigger = Brush my teeth for bed, Action = Get my workout clothes and lunch ready for the next day, Reward

What is your routine? What habit can you build into it?
7. Make Tiny Milestones and CELEBRATE THEM

What small milestones will you set? How will you celebrate reaching them?

8. Identify the Pit Falls and Create Back up Plans

- What makes you late to work?
- What makes you late picking up the kids? Getting home?
- When do you feel most stressed?
- What back up plan can you set up to still accomplish your Tiny Goals?