

# *5 Steps to Achieving your Goals*

## *Assess your situation*

Begin your goal-setting journey by taking time to reflect where you are now. What do you want to be different about your situation? What strengths and resources can you draw on to make the changes you desire? What is your motivation for making a change? Know the “why” for your goals.

## *Determine your destination*

Do you begin a journey without a destination? You can. But if you do, you could end up anywhere, or nowhere. Goal-setting is no different. Begin with the end in sight. Write down what you want to accomplish, become, or change. Be specific. Be positive. Imagine yourself in that new place – then make that dream a reality.

## *Make a plan*

With our destination marked out and our current location well established, it is time to map our course to get from where we are to where we want to be. Many routes and modes of transportation may get us there, but one will be the best choice. Choose wisely based on the “road” conditions, potential roadblocks, assistance available, and scenery along the way.

## *Take action one SMART step at a time*

“The journey of a thousand miles begins with a single step,” was first said by Lao Tzu, an ancient Chinese philosopher. Likewise, the rest of the journey is taken one step after another. To ensure your steps reach the desired destination – make them SMART – Specific, Measurable, Achievable, Relevant, and Time-bound. Take SMART action to reach your goals.

## *Believe you can achieve!*

Our beliefs are a powerful force in propelling us forward toward our goals or holding us back. Adopt an “I can” attitude rather than an “I can’t” attitude. Remember the “Little Engine That Could” from your childhood? If you believe you can achieve, you can climb mountains. As Henry Ford said, “If you think you can do a thing or think you can’t do a thing, you’re right.”