

Goals guide me forward

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My goals create a sense of purpose and direction. They guide me through my daily choices and activities. I make my goals powerful. I aim high and take worthwhile risks.

I clarify my priorities. I decide what really matters to me. I imagine my ideal life and think about the activities that I find fulfilling. **I connect with my values and screen out distractions.**

Setting goals gives me motivation. I feel excited about testing myself and seeing what I can achieve. I feel driven to keep trying.

My goals give me focus and a roadmap to follow. They provide a framework for allocating my time and resources. I know where my targets are. I plan for the long term, decide what actions to take, and figure out ways to get around potential roadblocks.

I put my goals into writing. I make my objectives more vivid and concrete.

I hold myself accountable. I strengthen my commitment by creating benchmarks to measure my progress. I tell others about my goals so they can help me stay on track.

I celebrate the journey as well as the destination. The process of working towards my goals is just as important as the final outcomes. I give myself credit for making an effort regardless of whether I succeed the first time or need to try again.

Today, I align my activities with my goals. Pursuing high and meaningful ambitions makes me more accomplished and successful.

Self-Reflection Questions:

1. What are my top 3 goals for the next 5 years?
2. What is the relationship between dreams and goals?
3. How can I use technology to help me meet my goals?