

# I set attainable goals

## **I set attainable goals.**

My goals are challenging, but I aim for targets that I know I can reach.

I understand my abilities. I list my strengths and the areas where I need assistance. I take on projects that allow me to excel and grow my skills. ***I celebrate my uniqueness instead of comparing myself to others.***

I develop a strategy. I plan out my steps, break large jobs down into smaller tasks, and create short term objectives so I can evaluate my progress.

I collaborate with others. I appreciate my family, friends, and colleagues. Teamwork gives me encouragement and support. I accomplish more than I could on my own.

To ensure that I reach my goal, I look beyond immediate gratification, and discipline myself to stay focused and engaged.

***I think positive.*** I motivate myself by thinking about the satisfaction that comes with realizing my goals. I remind myself of my past victories and persevere through

obstacles.

I set goals that enhance my health, advance my career, and contribute to my personal growth. Meeting each goal brings me great satisfaction and motivates me to immediately set another target to strive for.

I celebrate my victories and get excited about achieving my next goal.

Today, I define my personal goals and go after what I want. I position myself for happiness and success with goals I know I can reach.

## **Self-Reflection Questions:**

1. Why is it important for me to align my goals with my values?
2. How do I feel when I reach my goals?
3. What is one goal that I want to set today?