

HOW TO CRUSH YOUR 2024 GOALS

If you want to take control of your life, goal-setting is where it's at. Goals give you focus, direction, motivation and a clear benchmark for measuring your success and progress.

Not sure where to start? We got you.

- Why is it important to you? Write down a motivating value statement to help you if you start to doubt yourself or lose confidence in your goal.
- Make it positive & future tense: Setting your goals using active, positive language instead of passive, negative language is KEY. It's like an affirmation—you need to believe it to achieve it!
- Make a plan: Research shows that you are 2x to 3x more likely to stick to your goals if you make a specific plan for when, where, and how you will perform them.

SMART goals (the difference between a dream and action):

- Specific: Don't be vague. Exactly what do you want?
- Measurable: How will you know if you've achieved it?
- Attainable: What can you reasonably accomplish?
- Relevant: Is it aligned with the direction you're working towards?
- Time: When should you complete the goal?



Listen to our **goals episode (#91)** on the **Teach Me How To Adult Podcast** for more tips and advice on how you can crush your 2024 goals!

2024 GOAL SETTING

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2024 GOAL (STATED IN A POSTIVE):

WHAT IS YOUR WHY?

HOW WILL YOU
INTEGRATE YOUR GOAL
INTO YOUR DAILY LIFE?

HOW WILL YOU BREAK IT
DOWN INTO BITE-SIZE
CHUNKS EACH
DAY/WEEK?

WHAT IS YOUR PLAN TO
ACHIEVE YOUR GOAL?
OUTLINE ALL OF THE
STEPS.

WHAT WILL YOU
DDEPRIORITIZE TO
ACHIEVE YOUR GOAL?

WHO WILL HELP KEEP
YOU ACCOUNTABLE?