

## Here Are Some Top Tips For Setting Goals

### Get the people around you to help.

Surrounding yourself with supportive friends, family and professionals can make all the difference. You could make joint goals with family and friends.



### Have Self Compassion

It's okay to face doubt; what's important is that you keep trying, sometimes you need to rethink and break into smaller steps to help keep moving forward.

**Think about which things get in the way of your goals and which things help you achieve them.**

**How can you manage these things to help you move closer to your goals?**

**Work on challenging the all or nothing mindset. We are only human, getting it right most of the time is absolutely fine.**

**Every journey starts with a single step, and every achievement begins with setting a clear goal. Start by asking yourself, "What would I like to work towards?"**



**This can be anything from eating healthier, finishing reading a certain book or counting your carbohydrates more accurately.**



**Once you have your goal in mind, it's essential to break it down into smaller, more manageable steps. This not only makes the task less daunting but also provides a clear roadmap to success.**



**So how can you break your goals down into smaller steps?**

# Use The Smart Goals Approach

The **SMART** goal approach is a method that encourages you to set goals that are: **Specific, Measurable, Achievable, Relevant, and Time-bound.**

By making sure your objectives meet these criteria, you're more likely to stay on track and achieve them.

**S**

**Specific:** Your goal should be clear and specific, so you know exactly what you're working towards.

'I aim to pass my grade 3 in guitar'

**M**

**Measurable:** Being able to measure progress is crucial in goal-setting. When you can measure your progress, you can track it and stay motivated.

'Today I practiced for 20 minutes'

**A**

**Achievable:** It's important for your goal to be realistic and attainable. This doesn't mean it can't be a big goal, but it should be something you believe you can do.

'I aim to get on the local football team'

**R**

**Relevant:** Your goal should matter to you and fit with other things that are important to you. If you're pursuing a goal just because others expect it of you, it may be harder to stay motivated.

'I want to learn how to cook because I enjoy cooking'

**T**

**Time-bound:** Every goal should have a timeframe or deadline. This helps reduce the chances that you'll put off working on your goal.

'I will have read my chosen book by 2 weeks time.'

**Dream big, and know that with determination, planning, and the right people by your side, you're well-equipped to turn those dreams into reality.**



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