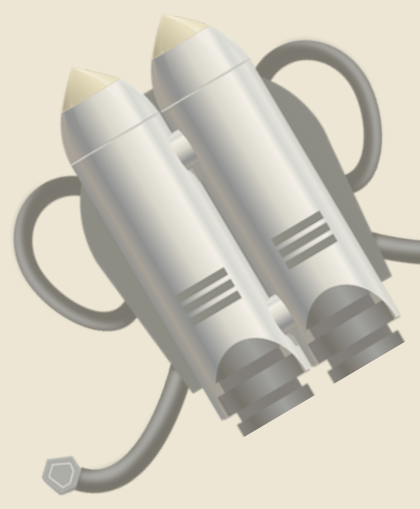


GOAL SETTING BOOSTER



Harness your willpower to create habits that will stabilize your plan and lead to goal completion.

TROUBLESHOOT

In the goal planning phase, troubleshoot. List possible obstacles and triggers. Be honest and realistic. Make a plan for when those things occur. If you've not done that yet, go back and plan it out. It only takes a few minutes.

List 3 Potential Obstacles

1.

2.

3.

List 3 Potential Triggers

1.

2.

3.

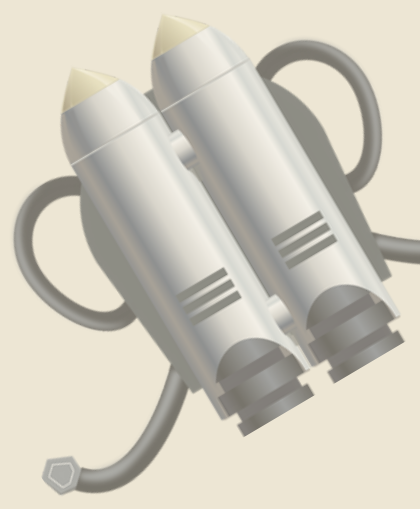
DON'T TEMPT YOURSELF

Don't be a hero. Set yourself up for success. Create boundaries so temptation is kept at bay. It's okay to avoid situations, items and people until your habit has been solidified. Willpower is finite so don't push it.



Create a plan to deal with obstacles, triggers and temptations. Think of boundaries you might set. Use a journal or piece of paper to record your plan. It can be in point form and need not be too long or detailed.

GOAL SETTING BOOSTER



Routine + willpower is the best recipe for a new habit.

USE ROUTINE

Routine is naturally habit forming. It takes the guesswork out of what we're doing and removes the pressure to decide what we should do. Conserving in this area allows us to have more cognitive ability to deal with more important things.

Where Can You Implement Routine?

Spend 3-5 minutes thinking about how you could create routines in your life. Where would they fit? Do you already have some solid routines in place?



List 3 Routines You Plan to Use

1. _____
2. _____
3. _____

FIND ACCOUNTABILITY

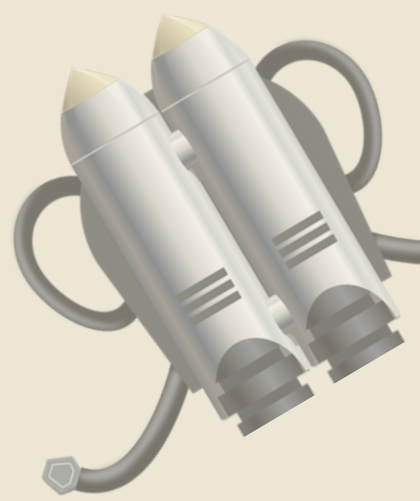
Find someone to hold you accountable. They should be caring, supportive and understanding. It could be a group of like-minded individuals or one person. Check-in regularly. A tribe of people cannot be underestimated!

I chose _____ to keep me accountable.

I told them on this date: _____.

We'll meet every _____.

GOAL SETTING BOOSTER



Harnessing willpower is an effective way to build one habit at a time.

WHEN THE "NEW" GOAL GLOW DIMS

After approximately 10-14 days, the excitement of goal setting starts to wear off. To maintain forward motion we use willpower. **INSTEAD** - use willpower to form a new habit. This will lead to greater success.

What habit can you create to achieve your goal?

Examples: No eating after 8pm; 1 glass of water with each meal; 10 minutes of mindfulness to start the day; 1 datenight a week.

DON'T QUIT

Your goals are still achievable if you slip up or have a setback. Don't let one mistake derail you. Think long term. Persevere. Stick with it. **YOU GOT THIS!**

BE KIND TO YOURSELF

When things get tough or don't go as planned, be kind to yourself. Be patient with your progress. Think of how you'd treat a friend or loved one in your situation and then apply that grace to yourself.



Repeat this aloud:

Because my failures don't define me and I deserve to reach my goals, I will be kind to myself.