

Ready, set, goal. 10 steps to getting what you want.

1 Choose a goal.

Specifically ask yourself, what is it that I want?
Write it down below. Be bold and assign a deadline.

2 What will make attaining this easier?

If you want to learn how to cook, try taking a cooking class.
Or if you want to start exercising, try signing up for a new gym membership.

3 What's my motivation?

What is it about your resolution that motivates you?
If you're seeking a new job, is your motivation a higher salary?
A more challenging position?

4 Obstacles and solutions.

Write out your obstacles that hinder your resolutions and possible solutions that can help you overcome these obstacles.
For example, if you want to lose weight, you could write:
obstacle—I nibble; solution—keep chips out of the house.

5 What's my roadmap to success?

Create a plan. Do you want clean closets? First, get rid of unused stuff. Figure out what organizers you need to help you achieve your goal, then make the time to do it.

6 My moral support.

List the people you can rely on. Is there a friend who will go for walks with you at those times when you really want pie?
A relative who works in the industry you're trying to get into who can mentor you?

7 Visualize.

Imagine yourself achieving your goal. Picture the new home, the organized desk, yourself crossing the finish line of that 5k race.

8 My slogan.

Think positive. Use affirmations and a progressive approach such as "I can do this," "I am strong and successful" or "I won't quit no matter what."

9 The carrot.

Develop a plan for rewarding yourself. A new outfit for when you lose your next 10 pounds? A new house closer to that new job you're working for?

10 Keep it posted.

Hang this worksheet on your bathroom mirror or wherever you'll see it.