HOW TO ACHIEVE YOUR GOALS

STRATEGY

Anticipate and plan

for obstacles

EXAMPLE: Get healthy

Get some gear for running in

cold weather

Target one goal at a time	Make fitness more of a priority
Take a realistic action or approach	"I like running (or at least I don't hate it)"
Start small	Incremental running program with a realistic goal (like signing up for a 5K)
Join a team	Find or start a running group
Make a specific plan	Solo runs on Mondays, Tuesdays, and Fridays at 7 a.m.; group runs on Sundays at 10 a.m.
Incorporate cues and rewards	Group brunch after Sunday runs; bragging rights on Instagram
Tweak your environment	Keep sneakers and rain jacket by the door

Goals You Plan To Achieve How Can Accomplish Your Goals

PT Brinkman

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