

15 Tips to Set Your Goals for Success

Adapted from article by Elizabeth Faircloth

1. Put together a “year in review” brainstorming session.

Before you move ahead with any goal setting for the new year, it is incredibly helpful to do some soul searching and review the previous year. During this process of evaluation, it is imperative that you do not blame anyone or anything else for your successes or failures. Not even COVID. Ask yourself: *What worked? What did not work? What were your successes this year? What can you celebrate this year? If you had to do it over again, what would you change? What is it that I want more of in my life in the new year?*

2. Write down your goals.

A [Harvard Business study](#) revealed amazing statistics relating to goal setting and success.

- 83% of the population does not have goals
- 14% have a plan in mind, but are unwritten goals
- 3% have goals written down

The study went on to find that the 14% who have goals are 10 times more successful than those without goals. The 3% with written goals are 3 times more successful than the 14% with unwritten goals

3. Put the goals in “I AM” instead of “I WILL”.

There is something powerful when you put goals in the present versus “someday.” “The only thing standing between you and your goal is the false story you keep telling yourself as to why you can’t achieve it.” — Jordan Belfort

4. Make your goals SMART - Specific, Measurable, Achievable, Relevant, and Time-bound.

When you use SMART, you can create clear, attainable and meaningful goals, and develop the motivation, action plan, and support needed to achieve them.

5. Write down your goals every day — morning and evening.

You have to keep your goals in front of you daily. Writing them down continuously will help you move towards them faster.

6. Visualize your goals on a daily basis.

Visualize your goals happening in great detail. It will help you achieve your goals with more ease and quickness.

7. Create an action plan to achieve your goals.

A goal without an action plan is just a dream. Write down all the small action steps needed to achieve your goal.

8. Stay flexible and open to the process.

Life changes, our goals change, and everything in between changes constantly. So, remain flexible, nimble and adaptable, even when it is hard to do so!

9. Choose goals that motivate you and that you’re passionate about.

No goal has ever been achieved when a person lacks motivation. Make sure you have a passion for what you are setting out to do!

10. Answer the “why” behind your goals.

Knowing WHY you want your various goals will be helpful to achieving them because it will fuel your motivation.

11. Review your goals on a weekly and monthly basis for course correction.

Review and make changes along the way.

12. Answer the question, “Who do I need to BECOME in order to achieve my goals?”

The key is to figure out who *you* need to BE at your core to achieve your goals.

13. Turn your goal into an inspiring mantra.

Create a mantra that is fun, rhymes or can be put to song. Write it on an index card and read it throughout the day.

14. Celebrate your wins on a weekly basis.

During your weekly review of your goals, don’t forget to celebrate your wins for the week — even if they are small. Feeling good about your progress will allow you to carry this positive feeling into the next week.

15. Get support.

This is the most important item on the list. Find an accountability group, mentor or a coach to help you stay on track.