

STEPS TO SETTING GOALS

By Geoff Serpell

The new year is an opportunity to plan something new or different, and laying a strong foundation gives the change a good chance to succeed.

Henry Ford made this famous statement: *"Whether you think you can or think you can't, you're right."*

Having a supportive mindset can assist jumping hurdles and conquering self-doubt.

Why?

What is it you want to change, as a high priority?

Reflection:

Whether you choose to make a resolution or not, mastering your mindset, knowing your 'why', and visualising success are techniques that can help you achieve any goal you set your mind to.

Know why you need the change.

Ask yourself again and again until you are convinced about the need to make a change.

Imagine what you want to achieve as if it were true today.

Consider all the steps to be taken to achieve your goals.

Write out these steps on a chart or board to have a visual reminder to return to.

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