



SMALL GOALS. BIG SUCCESS.

We all have a history of big dreams. Achieving big goals is not impossible, but the efforts needed can feel daunting, leading to inaction and often falling short well before reaching the goal. Behavioral change research finds smaller, more specific goals can lead to better, bigger results.



WHY SMALL WORKS

There is a power found, and a confidence-building effect, when small goals are achieved time and time again. Human behavior science confirms that initial changes are *perceived* as more difficult than subsequent changes. Armed with this information, we know that starting with small, very achievable goals will in turn pave the way for the next bigger successes.

As you're working step by step toward your bigger goals, you're not only creating a foundation to build upon, but you're also adapting to the new habits, systems and routines needed for long term big-dream success.

REVIEW PAST GOALS AND FUTURE DREAMS



Think about goals from the past few years you may have dreamed of, but struggled without a solid plan to execute. These may include vague desires. Try to further define them and explore what life would look like to maintain the success you have found.

IDENTIFY ONE GOAL TO ACCOMPLISH



Select one goal you'd like to achieve first. Explore this goal further. What are the steps needed to achieve within this larger goal? What groundwork do you need to lay? Who is involved in achieving this goal? Do you need to conduct any research?

SET TASKS ACHIEVABLE IN 3 - 7 DAYS



Break up the goal into steps achievable within one week. Ensure the actions are realistic and achievable to build momentum. Tasks can include organization, research and environmental changes to actually starting to execute small tasks.

EVALUATE AND SET NEW TASKS



As you complete steps to move you toward your goal, continue to look back at your plan. Set new small steps and keep riding the built momentum. In time, you'll have reached your bigger goal by taking multiple smart, intentional and small steps.

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