



8

STRETCH Tips to Make Your GOALS a REALITY

STRETCH Tip 1# Write them down

I know you have heard this before, but let me explain for clarity. Writing down your goals forces you to get **CLEAR** about what you want. Use a pen and paper (transfer it to your computer later) This simple act alone helps cement the desire in your brain.

STRETCH Tip 2# Find a replacement

A great way that I use to break a habit is to **REPLACE** it with a good one. What can you choose to add to your life that will fill the void left by eliminating a bad habit? For example, replace TV time with family time, candy with fresh fruit, or talk radio with inspiring audio.

STRETCH Tip 3# Tell Someone

Talking about your goal - even if it seems huge and impossible - allows others to encourage and help you by providing resources and information you may need.

STRETCH Tip 4# Take Baby Steps EVERY day

Even small steps taken toward your goal **CONSISTENTLY** will move you in the right direction. Once you experience a few small wins, taking bigger steps become easier.

STRETCH Tip 5# Take BIG STEPS

Don't take all year to do what you can accomplish in a day. Once you've written down your goals for the year, figure out which goals could be accomplished this month - or even today





STRETCH Tip 6# DECIDE and ACT

Past attempts that you had given up on and now is lodged in your subconscious as a reference point when you try something new may keep you from making decisions and taking action. **GET OVER IT!** Make a list of all the reasons you want to accomplish your stated goal. Refer to **THAT** list when you feel indecisive or inaction starts to creep into your mind and **KEEP MOVING FORWARD.**

STRETCH Tip 7# TEAM UP or COLLABORATE

Even if you don't share the same goals, having a success buddy can keep you accountable. And if you have the same goals and interests, collaborate and see what resources and tools you can combine to bring a goal to fruition. Meet weekly (in person or by phone or chat) to check in encourage, update and celebrate each other's progress.

STRETCH Tip 8# CELEBRATE your successes.

Every time you reach a milestone, acknowledge your accomplishments in a positive way. This helps you get into the habit of **BEING** and **FEELING** successful...no matter how small. For example, if you drop a dress size, buy a new outfit. If you pick up a new client, have dinner with your mentor. Celebrating your successes no matter how small will keep you focused and energized on the larger goal.

