

Reaching Goals Top Tips

Find Your WHY

Think about WHY you want to reach your goal? Why is it important to you?

Write a plan

Make a poster or write down your plan. How will you reach your goal? What do you need to do?

Rewards

Reward yourself for the little steps you take to reaching your goal. It all matters!

Your cheerleaders

Your cheerleaders are the people in your life who will support you. These can be friends or family members.

Overcome Challenges

Challenges will come up when you work towards your goal, but don't give up! Keep learning.

Have Fun

Working towards goals is fun! Try not to think about the end result, stay in the moment.

