//**GOOD** Start to the New Year

Goal setting is so inspiring because it is a reminder that you can do anything you set your mind to!!! Start by determining where you are right now versus where you want to be and plan a path to get there. Be proud of yourself for setting goals and making positive changes. I would love to see some of your goals, so screenshot and tag me @Rachaelsgoodeats to keep me inspired. 2022 isn't ready for us!

What is your goal?

Remember to make it realistic, sustainable, and measurable! If you have more than one, include them all. For example, "I want to prioritize a good sleep routine by winding down at 9 pm, waking up between 6-7 am, and making sure I get at least 8 hours every night."

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Why? What is your motivation to achieve this goal?

Consider what changes you want to see in the long run -- don't be afraid to dream big!
Also, take time to write out what are some positive outcomes that you are looking forward to.

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How?

Do not overwhelm yourself!! Determine where you are currently vs where you want to be, and map out measurable milestones to help you get there. Think in terms of months, weeks, and days.

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Small goals add up, big time!

Now, let's break down your goals into milestones. Focus on making them realistic, measurable, and attainable, picking milestones to reach in the next month, the next three months, six months, and one year. Think critically, WRITE THEM DOWN (!!!!) and hang them somewhere that you'll see daily.

Let's break this down:

MILESTONE 1:

Description: _____

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Start Date: _____   End Date: _____

MILESTONE 2:

Description: _____

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Start Date: _____   End Date: _____

MILESTONE 3:

Description: _____

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Start Date: _____   End Date: _____

MILESTONE 4:

Description: _____

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Start Date: _____   End Date: _____

MILESTONE 5:

Description: _____

_____

_____

Start Date: _____   End Date: _____