

make it happen...

No matter what you want to achieve, we find that it always helps to set a goal. This way we know exactly what we want to achieve, by when + have a realistic plan of how to make it happen!



Start with a brainstorm or braindump. Everything you want, just write it down.

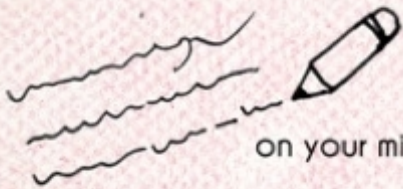


Categorise + prioritise. Which goals fit together + which goals do you want to achieve first?

1. _____ ✓
2. _____ ✓
3. _____ ✓

Now make them SMART (yeah-yeah-yeah, you've heard this one before... but if you think about it, it makes total sense!). We can have goals like: save the world, become super rich, look like a supermodel... but we all know that these are pretty unrealistic + we have little (or no) control over them. So make your goals Specific, Measurable, Achievable, Realistic + Timely.

Here's one of ours: create a paleo recipe book by the start of 2014! TICK!

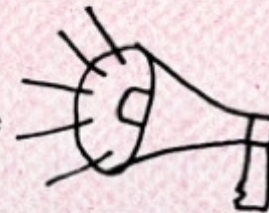


Write all your goals down. Put them on sticky notes around your house, in your diary, on your mirror! Don't like words? Try creating a vision/dream board with pictures that represent your goals.

BELIEVE! Just have a little faith in yourself. This is the first step to making your goals **your reality**. If you can see it in your mind, **it is possible.**



Tell a friend... or the whole world if you like! Letting someone know about your goal holds you accountable. Once it's out in the universe there's no turning back!



Celebrate your wins! Kicked that goal in the butt? Nice work! Make sure you reward yourself!

Ch-ch-ch-changes! Goals change ALL the time! Be sure to update them so your path is visible + clear.



Missed a deadline? Oh well! Tomorrow is a new day! Don't dwell on it, just work out your next steps to make it happen!

always remember:

"opportunities are often disguised as hard work, so most people don't recognise them." Ann Landers

Don't be most people.

