

*"If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes." - Andrew Carnegie*

Long-term goals can be overwhelming, and BECAUSE they're long-term goals, they're easily forgotten.

So, how do we avoid setting 'em and forgetting about 'em?

1. Create a shorter timeline. Break down your BHAG (Big Hairy Audacious Goal) and do it 12 weeks at a time. (The Take Back Your Life Journal is for 12 weeks for this very reason!)

2. Write out the benefit of your goal using an I AM statement DAILY.

For example, I AM effortlessly losing 1.5 lbs per week by sticking to my eating plan, hydrating, and walking 2 miles per day.

I AM feeling confident, strong, and energetic.

3. Track your progress. Measure and record everything, whether it's inches and pounds, repetitions, or ounces of hydration. Use a checklist or calendar if it helps you to stay accountable.

4. Stack stuff in the time you have. Are mornings or evenings better for you? Plan your To-Dos in the time that works for you.

5. Break it down to bake it in. What this means is to reverse engineer your To-Do List to figure out how much time it will take and how to fit it into your schedule. (Use our free Time Blocking Sheet) Schedule your hydration and exercise, and honor that time like you would a doctor's appointment.

6. Stay the course by creating accountability - this makes you less likely to "relapse." You can do this by being active in our community of like-minded women in the Hot Melt Sprint Group, by finding a Body Clutter Buddy, and, if you want to take it a step further, by setting up actual accountability meetings with your Body Clutter Buddy. According to studies, accountability will seal your success big time--up to 95% if you're meeting weekly with your accountability partner!

7. Visualize it - use your Vibrant Vision Board to help you picture the vibrant life you desire--an incredible, illustrated goal board!

Your life can look way different in 12 weeks if you are ready to make it happen!