

# 5 Tips for Goal Setting

Inspired by 'How Bad Do You Want It' by Matt Fitzgerald

## Make it individual

Make your goal really personal and meaningful, one that you have full control over.

Be sure it's a goal and not a dream

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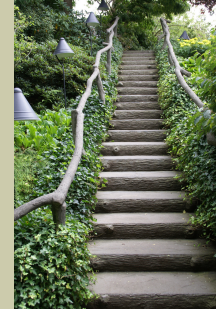
## Light Your Fire

A good goal should make you a bit excited to get going and achieve it. Take time to imagine your success

## Plan small steps

Big goals are achieved in small chunks. Focus on each step and the result will take care of itself

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## What are the barriers?

Take a little time to think of the things that could get in the way of you achieving your goal. Make a plan for how to deal with these events

## Don't be afraid to fail

*"Failure is simply an opportunity to begin again, this time more intelligently"*

Henry Ford

Nobody has ever succeeded at everything they have tried.

Try to see each failure as a chance to learn

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