



# Challenge accepted

## Make changes for the better

### Let your goals lead the way

There comes a time when you realize you want to make a change. A shift that better your health or your quality of life. But change isn't always easy. There may be things holding you back from doing it successfully. It can be overwhelming. Or it can be hard to know where to start. That's why setting goals is so essential. They give you direction. And they keep you focused on creating the change you want.

### Remember your "why"

What's your reason for wanting to make changes in your life? What inspires you? Recognize your purpose. And this will help you stick to the goals you create. Keep yourself motivated by asking yourself these questions:

- *"Why do I want to make this change?"*
- *"In what ways will this change make my life better?"*



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# Go after your goals

With a little help, you can pursue your goals to create the change you need.



## Set a target date

Stay on track. Mark your calendar so you know you have something to work toward.



## Visualize your success

Write it down. Or create a vision board. You're more likely to pursue a goal when you can see it.



## Celebrate small wins

Not only will it feel good, but it'll motivate you to keep going. So make note of every milestone. Each one matters.



## Start with small steps

Split your long-term goal into smaller, short-term goals. This way, you can slowly work your way up to achieving your target goal.

## How to split a long-term goal into short-term goals

*Example: walking*

### Long-term goal

Walk for one hour, three times a week.



### Short-term goals

Walk for ten minutes, once a week. Then increase it to three times a week.

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