



Robert A. Rudelic
Robert@RobertRudelic.com



I look forward to connecting with you!
Robert A. Rudelic

6 Steps for Setting and Achieving Your Goals

How are your New Year's resolutions coming along? With a leap year right around the corner, you've got 366 brand new days full of endless opportunity ahead! Now's the time to start thinking about goal setting, and here are six steps to jump-start the process.

1. **Set goals that matter.** This step might seem obvious, but it's often overlooked. Successful goal setting begins with finding purpose in what you want to achieve and focusing on whatever is most important in your life right now.
2. **Write it down.** [Writing a goal down on paper](#) not only helps it feel more real, but studies show it also leads to a greater chance of accomplishment.
3. **Be positive.** The best thing you can do for yourself is to [frame your goal](#) in a positive light. It's not about what you don't want to be or do anymore; it's about what you want to achieve.
4. **Find your vision.** Using all five senses, write down what achieving your goal looks and feels like. And the more detail, the better; being specific helps with planning.
5. **Strategize for daily wins.** Think through everything it will take to get from point A to point B. Plan for baby steps along the way and [celebrate progress](#). The more success you experience, the more motivated you'll be to keep going.
6. **Have an "if/then" contingency plan.** The best way to not let setbacks derail you is to have a plan. Think about any potential obstacles that might arise, and come up with a

*Refer
a
friend*



*Contact
Us*



*Schedule
an
appointment*



plan for each potentially tricky situation It may even help to put your "If/then" plan in writing too and keep it close by.

Robert Rudelic - Impax Sports Therapy
San Francisco, CA 94102