

# 6 Tips for Getting Back on Track with Your Goals

## 1. Restart or Start

If you don't start you can't reach your goals. If you have stopped working on your goals you need to restart. If you never started on your goals today is a good day to start.

## 2. Write Down Your Goals and Read Your Goals Every Day

Make a set time to read through your goals each day. Make sure to write them down or put them on the computer. There's something motivating about putting your goals on paper.

## 3. Make a Time to Work on Your Goals Every Day

Be disciplined to work on your goals each day. When you make time to work on your goals each day it can form a habit and make it easier to stick to your goals.

## 4. Break Down Your Goals in Action Steps

Break down your goals in steps to do each day, each week, and each month. Knowing what you need to do each day can help you stay focused on what needs to be done today and not worry about things that need to be done later to reach your goal.

## 5. Track Your Progress

You'll want a way to see how far you've come and how much you have to go. Tracking your progress can help keep you motivated and refocus your efforts on a bad day. This can be a sheet of paper, an app, or a spreadsheet use what works best for you.

## 6. Find Someone to Be Accountable To

Find someone who you can check in with each day or week. Having to check in with someone can help motivate you because we often don't mind letting ourselves down but letting someone else down is something most of us don't like to do.

