

# The 6 P's For Achieving Your Goals

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# PRIORITIZE

Write down your 5 most pressing or important goals you want to achieve this year.

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#### Write down a detailed plan for achieving your goals. Visualize the feeling of reaching your goal, and repeat this exercise several times a day.

### PREPARE

Planning and preparation go hand in hand. Whether your goal is weight loss, travel, or exercise goals-, proper preparation will set you up for success.

Write about what you can do to prepare for your goals here.

## PERSISTENCE

Of all the P's, persistence is the key to success. If your plans don't work out the way you want them to, re-evaluate and focus on how you can meet your goal(s).

Write down some encouraging words to look back at when times get tough or when you may get diverted.

#### **PROGRESS**

Each day, or at the very least, each week, reserve time- at least 15 minutes- to review your progress.

Keep your goal(s) front and center and remember why you made them in the first place.

Spend time visualizing how you will feel once you have reached your goal.



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**PROGRESS** 

Keep notes on your progress here.

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Make 2024 your year for positive change. Here is to a healthy and prosperous New Year!

