



# The 6 P's For Achieving Your Goals

*by Brooke Lounsbury, RN*



# PRIORITIZE

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

1. 

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2. 

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3. 

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4. 

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5. 

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# 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.*







**By working through  
these 6Ps, you will  
achieve our goals!**

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



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