Go for quantity. Repetition is a key to making your desired behavior a habit.

30 WAYS in 30 DAYS
MAKE NEW HABITS STICK AND ACHIEVE YOUR GOALS!

THINK IT THROUGH

1. Set your goal. You want to make sure that you're setting a goal you believe in.

2. Be SMART. Make sure your goal is Specific, Measurable, Attainable, Relevant, and Time specific.

3. Find your why. There has to be something in it for you in order to succeed.

4. Break it down. Take your big goal and break it into small, manageable steps. The more specific, the better.

GET SET FOR SUCCESS

5. Go to bed early. When you don't get enough sleep, you're less focused, your performance suffers and you may make poor decisions.

6. Go for quantity. Repetition is a key to making your desired behavior a habit.

7. Break it down. Take your big goal and break it into small, manageable steps. The more specific, the better.

8. Cue yourself. Just like your calendar notifications help you to remember meetings and appointments, reminders can help trigger new habits.

9. Make it easy to do. Willpower is like a muscle, and it can become fatigued.

10. Do a countdown. It will push you into action.

11. Track your progress. It's been said that “what gets measured gets done.”

12. Get tech help. There's an app for that.

13. Make it gratifying. It's kind of a no-brainer: You're more likely to do something if it's fun or appealing.

14. Reward yourself regularly.

15. See yourself succeeding.

16. Create a new identity. Imagine that you've already achieved your goal and start to see yourself as that person.

17. Recruit a cheering squad. Telling others about your goals and plans creates a support network to help you succeed.

18. Meditate.

19. Post inspiration. Surrounding yourself with inspiring quotes will help you stay positive and motivated.

20. Speak the positive.

21. Write your future. If you can’t say with clarity and honesty what you want, how will you get it?

22. Anticipate obstacles. They are inevitable, but you’ll be better able to navigate them if you plan ahead.

23. Recover quickly from a slip. No one is perfect, but how you respond to a misstep will determine whether or not it trips you up.

24. See yourself succeeding.

25. Reward yourself regularly.

26. Edit your goal. It’s OK to revise or even change a goal if you’re struggling.

27. Be kind to yourself.

BELIEVE IN YOURSELF

28. Be kind to yourself.

29. Learn from mistakes. They’re actually a step toward success.

30. See yourself succeeding.

For details about achieving your goals, click here.