Goal Setting

What do I need or want? (list desires)
When will I do this?  
(set a time limit)

How will I do this?  
(make a measurable plan)

Be reasonable; can this be done?
Who is involved?
What will each person do?

Gather information:
How much does it cost?
How much time will it take?
What options do I have?

Am I willing to make sacrifices?

Looking at all your goals, now rank their importance.
Write your plan.

Start with a short term goal. It's something you know you can do within a few months to a year.

For example: At the end of May (when) I (who) have saved $4.00 (what) by following my meal planner and purchasing only sale items (how).

Break up the plan into manageable parts--go step by step.

Measure your progress.

Stay on target.

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