

HOW TO SET GOALS AND ACHIEVE THEM FAST

9 goal-setting steps according to Jacob Udodov, CEO at Bordio

1. Find a quiet place
2. Have an honest look at your life
3. Think about what you really want
4. Choose what you want to change.
5. Make it a goal
6. Write down your goal
7. Create an action plan
8. Start with small steps
9. Review progress weekly

Tips to setting goals:

1. Make sure the goal is yours
2. Keep your goals positive
3. Build supportive environment
4. Get excited
5. Keep the goals healthy
6. Focus on end-goal but have fun
7. Use habit-stacking with goals