



GOALGETTERS
COURSE

Simple Steps to Achieving Your Goals!

A Free Guide

WWW.COOPER-COUNSELING.COM/GOALGETTERSCOURSE

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Goal Getting

MADE EASY

Goals can be empowering, motivating and sometimes even life changing when we actually complete them.

Other times, goals can become overwhelming, stressful and burdensome and we find ourselves 'throwing in the towel' and giving up on them. Sounds familiar?

What if I told you that you can achieve those stressful and burdensome goals as well?!?!?

All it takes is a little planning, adjusting a few priorities and putting in the work to make those goals happen.

This **SIMPLE STEPS TO ACHIEVING YOUR GOALS** guide gives you some important tips for successfully achieving your personal goals:

- **Making your goals SMARTer**
- **Prioritizing your Priorities**
- **Planning Things Out**

And what's better than a FREE GUIDE? Okay maybe nothing is better than free, BUT you have a special sneak peek at the upcoming 'Goal Getters eCourse'.

Check out the last page of this guide for more information on the course and how to be one of the first to know when it relaunches!

Enjoy,

Dr. Caren Cooper, LPC-S, PMH-C



How to Make Your Goals Smarter

Not to say that there is something actually called a 'DUMB' goal but there are instances in which our goals are too broad. They are too general and that can cause difficulties to arise when it comes to achieving those particular goals.

So what helps to make a broad goal easier to achieve – making it SMARTer.

Specific – have a specific target in mind

Measurable – progress should be easy to track with your goal

Achievable – have a goal that you can truly achieve

Realistic – your goal should serve a relevant purpose

Timely – have a specific deadline for your goal

Prioritizing Your PRIORITIES

We all have several responsibilities that we deal with day in and day out. At times those responsibilities can cause us to feel overwhelmed, disorganized and as if we are living in a big ball of confusion because we don't know which responsibility to tackle first. That's where the concept of prioritizing comes in handy.

Having established priorities help us to stay focused and on track when trying to tackle all those responsibilities. When working towards goals, it is important that you prioritize your goals as well as the action steps needed to achieve those goals. Here are a few tips to remember when trying to prioritize things:

You are Important

Take care of you first. Place energy into the things that are most important to you. Focus on your list of priorities as it will help to guide your life decisions and keep you on track with your goals.

Set Boundaries

In order to maintain your priorities, establish boundaries with others by feeling confident with saying 'no', and standing firm with the things you have deemed important. If there are things that distract you from your goals and priorities, set a boundary by distancing yourself.

Focus on Your Priorities Daily

Create a list of priorities each day to help you plan and stay organized with accomplishing personal tasks.



Say *YES*
to yourself!

Planning Things Out

GOALS	ACTION STEPS
	MOTIVATION/AFFIRMATIONS
PRIORITIES	
	POTENTIAL PROBLEMS
PROGRESS TRACKER	

ECOURSE



Goal Getters Accountability Course™

Learn life-changing habits that will help to jumpstart your 'goal getting' and help you be more productive with setting yourself up for success.

Sometimes a little guidance can go a long way!

The Goal Getters Accountability Course is a quick and easy, step-by-step self-guided course that outlines several skills that are helpful with achieving personal goals. In this course you will learn how to:

- Develop SMART goals
- Create Goal Oriented Priorities
- Identify a Strong Circle of Support
- Implement Effective Actions Plan

And as an added bonus, you gain an accountability coach/partner – me! You will also gain access to a private Facebook group where you are able to network with other 'goal getters' and continue receiving tips and tricks on how to achieve goals that you have set for yourself.

If you want to be added to the notification list, send an email to contact@cooper-counseling.com and put GOAL GETTER in the subject line.

Coming Soon!