

## 3 SIMPLE STEPS TO SET

# *Scrapbook Goals*

## YOU WILL ACHIEVE



1. Review the past year.



What worked this year?



What didn't work this year?



2. Choose a goal.



Specific.



Measurable.



Attainable.



Relevant.



Time-bound.



3. Plan for success.



Create accountability.



Set up tracking and reminders.



Design failure prevention.

How can you make it simple to succeed?