

[D&S]

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TIPS FOR EFFECTIVE

[D&S]

abundant

GOAL SETTING

TIP N°

1

GOALS ARE BEST GUESTIMATES

BE SPECIFIC.

IT IS IMPORTANT TO BE SPECIFIC ABOUT WHAT YOU ARE TRYING TO ACCOMPLISH. THEN BE SPECIFIC ON WHAT YOU ARE GOING TO DO TO GET THERE. GOALS ARE MOST EASILY ATTAINED WHEN THEY ARE EASILY MEASURABLE. FOR EXAMPLE, IF YOU WANTED TO LOSE WEIGHT A GOAL OF LOSING WEIGHT IS VAGUE AND NOT REALLY MEASURABLE.

SAYING "I WANT TO SAVE \$2500 THIS YEAR AND I'LL DO THAT BY SAVING \$50 A WEEK" MAKES THE GOAL SPECIFIC, THE PLAN SPECIFIC AND THE PROGRESS MEASURABLE.

TIP N°

2

BE UNDERSTANDING OF CHANGING GOALS

LIFE IS NOT ALWAYS AS PREDICTABLE AS WE WOULD LIKE IT TO BE. THAT DOESN'T MEAN WE GIVE UP, IT MEANS WE READJUST AND KEEP MOVING FORWARD. MAYBE YOUR GOAL OF SAVING \$2500 IN A YEAR TURNS INTO 15 MONTHS BECAUSE OF AN EMERGENCY, THAT'S OK, JUST DON'T QUIT!

TIP N°

3

RANK YOUR GOALS

WHAT GOAL IS MOST URGENT TO ACCOMPLISH? UNDERSTANDING THAT PAYING OFF HIGH INTEREST LOANS WILL ALLOW YOU TO SAVE MORE EFFECTIVELY FOR THAT NEW HOUSE WILL MAKE THESE GOALS MORE REWARDING AND ACHIEVABLE.

TIP N°

4

REVISIT REGULARLY

CIRCUMSTANCES CAN CHANGE THE URGENCY YOU ORIGINALLY PLACED ON THE GOALS YOU HAD. IT'S IMPORTANT TO CHECK IN ON YOUR GOALS REGULARLY TO VERIFY THAT YOUR ORIGINAL PLAN OF ACTION IS STILL THE BEST ONE.

MAYBE INTEREST RATES CHANGED, YOU GOT A RAISE, OR YOU HAD AN UNEXPECTED LARGE EXPENSE, ALL THESE THINGS CAN AFFECT THE GOALS YOU HAVE IN PLACE POSITIVELY OR NEGATIVELY. MAKING A HABIT OF CHECKING IN REGULARLY ALLOWS YOU TO ADJUST WHEN NECESSARY.

TIP N°

5

TRUST THE PROCESS

IN THE BEGINNING YOU MIGHT NOT SEE HOW SAVING \$50 A MONTH OR MAKING AN EXTRA PAYMENT TOWARD YOUR DEBT IS AFFECTING YOUR END GOAL.

HOWEVER, BEING DISCIPLINED AND DILIGENT WILL GET THE BALL ROLLING AND ULTIMATELY GET YOU CLOSER TO WHERE YOU WANT TO BE FINANCIALLY.

KEEP GRINDING AND PUSH THROUGH!