Goals should drive your to-do lists on a daily basis. Here are some tips to keep you on track to achieving your goals.

## 1. CREATE TO-DO LISTS DAILY:
No brainer, right? Prioritize your list. Create a top 3 to-do list every day so that you are mindful of your daily progress and set yourself up to succeed.

## 2. SHARE YOUR GOALS WITH SOMEONE:
Have someone hold you accountable and push you when you don't believe in yourself.

## 3. SAY NO:
If it doesn't align with one of your goals then don't take it on. It is okay to say no.

## 4. ORGANIZATION:
If your life is not organized, get to simplifying and straightening! Organization allows you to be more efficient and productive.

## 5. REVIEW GOALS ON A REGULAR BASIS:
Keep focused and on track. Add, change, and modify as needed. Stay on track and you will make huge strides in your goals.

## 6. REWARD YOURSELF WHEN GOALS ARE ACHIEVED:
Take time to celebrate!

## 7. MAKE HEALTH PART OF YOUR DAILY LIFE:
Change is not always easy, but by making health a priority and mindfully creating a schedule that involves exercise and healthy eating, will change your life.

## 8. TAKE BREAKS:
Schedule short breaks throughout your day in order to maintain your focus and productivity level. It's also important to plan vacations every now and then to get away from all the hustle & bustle and give yourself a chance to recharge.

## 9: CHECK OPPORTUNITIES:
Did you not succeed at a goal? Let go of past lessons and see them as learning opportunities and part of your journey. Which is worse, to fail at trying or never try?

It doesn't matter your financial situation, your marital status, or your stage in life. We all need to set goals for ourselves in order to learn, grow, and better our lives. Without goals we have nothing to strive for, dream about, or improve upon.

Make sure you connect with
Courtney on social media!

www.courtneyforlife.com
facebook.com/courtneyforlife

twitter.com/courtney_u
instagram.com/courtneyustrzycki

**COURTNEY**FORLIFE POWERLIFTING + BALANCED NUTRITION