



Micro goal-setting is a technique for accomplishing goals by starting with the end in mind. Like pieces of a puzzle, we see a completed image of ourselves and work to construct this through small, incremental steps that build on each other.

As you craft your goal, consider the following questions:

1. How do I know that this goal is for me?
2. What could change in my life when I accomplish this goal?
3. How will I know when I've met my goal?
4. Who will support me in reaching my goal?
5. What barriers can I anticipate?