

WAYS TO SET GOALS

You don't need every method here, you need one that actually gets used. Pick one, run with it for the month.

Smart Goals

Specific, Measurable, Achievable, Relevant, Time-bound. The standard for a reason.

Best for: a clear, structured first goal

Vision Board

A visual reminder of what you're working towards, somewhere you'll actually see it daily.

Best for: people motivated by seeing it, not just writing it

Don't Break The Chain

Track every day you take action toward the goal. Don't be the one to break the streak.

Best for: building consistency day to day

SWOT Analysis

Be honest about your strengths, weaknesses, opportunities and threats before you commit.

Best for: a goal that needs a reality check first

The Two-Week Test

Trial the goal for a fortnight before committing fully. A cheap way to check it's the right one.

Best for: when you're not sure it's the right goal yet

Accountability Partner

Tell someone. Goals kept private are goals that quietly disappear.

Best for: when willpower alone hasn't worked before

THE RULE

Pick one method for the month. The goal matters more than the method you used to set it, so don't overthink this bit.