

## MICROgoals

...**measurable** goals so you can track your progress as you go

...**inspirational** goals that give you a reason to invest the time and effort into achieving them

...**concrete** goals that define exactly what you want to accomplish

...**realistic** goals that work with your personality and lifestyle

...**obtainable** goals so that you don't become discouraged

...**micro** goals that move you closer to your vision one step at a time

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