

# CRUSH - your - GOALS

**CLARIFY YOUR GOAL**  
What do you want to accomplish?

**REFINE YOUR OBJECTIVE**  
Get specific about your measures of success (numbers, dates, etc)

**UNDERSTAND YOUR MOTIVATION**  
Why is this goal important to you?

**STEPS TO TAKE**  
what has to happen for this goal to be successful?

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**HANDLE OBSTACLES**  
what are the potential roadblocks & what will you do when things get in your way?

**IMPLEMENT YOUR PLAN**  
what is the danger you face if you don't follow through?

**TREAT YOURSELF** how will you celebrate your win?