

Car Ride Conversations
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Intentional Goal Setting: Make your Habits Stick.
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Why does goal setting deplete as we get further into the new year? For many reasons, but research shows that we don't have intention (our purpose, our why) behind what we do, we start to detach from our goals we initially set. To build strong intention behind what we do, start with your habits: in your thinking, in your movement, in your routines. Be intentional with everything you do. Here are 4 ways to help build those habits and make goals stick:

1. **What's your WHY?** A goal doesn't stick if there is no substance to it and is not connected to meaning. Determine why this goal is important to you. Set it with intention and purpose.
2. **Set a standard not an expectation.** Expectations can limit you. You set a number, and when you reach it, does that mean you have to be done? What if you have more energy left in the tank after a workout? Or do you have more time in your day to give to developing your business? Instead of setting a future goal, set a minimum standard to reach, then expand.
3. **Challenge your limits.** What is your 1% better every day? How are you pushing yourself to be better? You don't need to hit big milestones, but rather small daily actions that keep you on target every day. What is one thing you can do a day to keep you consistent, and increase your progress?
4. **Record your progress.** Write down your successes! Check off a to do list. It matters! How do you know where you can go if you don't know where you are? Writing things down helps you to stay consistent and measure your progress. It provides a guide point to when you need to adapt, make changes, or add challenges.

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