



GOALGETTERS  
COURSE

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# Simple Steps to Achieving Your Goals!

*A Free Guide*

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# Goal Getting

MADE EASY



There are goals that we can easily achieve, and then there are goals that just gives us the blues! Those type of goals will have us rethink everything we have ever decided to do in life!

But the cool thing about it is that you can achieve those difficult goals too! All it takes is a little planning, adjusting a few priorities and putting in the work to make those goals happen.

This **SIMPLE STEPS TO ACHIEVING YOUR GOALS** guide gives you some important tips for successfully achieving your personal goals:

- **Making your goals SMARTer**
- **Prioritizing your Priorities**
- **Planning Things Out**

And what's better than a FREE GUIDE? Okay maybe nothing is better than free, BUT you also have a special invitation to join an exclusive community, a group of individuals who are driven and focused on achieving some bad ass goals they've created for themselves.

Check out the last page of this guide for information on the **GOAL GETTERS ACCOUNTABILITY eCOURSE**.

Enjoy,

Dr. Caren Cooper, LPC-S, PMH-C

# SMARTer Goals

Not to say that there is something actually called a 'DUMB' goal but there are instances in which our goals are too broad. They are too general and that can cause difficulties to arise when it comes to achieving those particular goals.

So what helps to make a broad goal easier to achieve – by making it SMARTer.

**S**pecific – have a specific target in mind

**M**easurable – progress should be easy to track with your goal

**A**chievable – have a goal that you can truly achieve

**R**ealistic – your goal should serve a relevant purpose

**T**imely – have a specific deadline for your goal





# Prioritizing PRIORITIES



**We all have a gazillion responsibilities that we deal with day in and day out. At times this could lead to us feeling overwhelmed, unorganized and like we're living in a big ball of confusion.**

**Having established priorities allows us to stay focused and on track when trying to tackle all those responsibilities. So here are a few things to remember:**

## **You are Important**

Take care of you first. Focus on your priorities because they can help guide your life decisions and keep you on track.

## **Set Boundaries**

Priorities help you to focus on what's important in your life. Set boundaries with others, feel confident with saying 'no', and stand firm with prioritizing your priorities.

## **Focus on Your Priorities Daily**

Create a list of priorities each day to help you plan and stay organized with accomplishing personal tasks.

**Say *YES*  
to yourself!**

# Planning Things Out

## GOALS

## ACTIONS TO TAKE

## STEPS

# MOTIVATIONS

## POTENTIAL PROBLEMS

## PROGRESS TRACKER

ECOURSE



# Goal Getters Accountability Course™

Learn life-changing habits that will help to jumpstart your 'goal getting' and help you be more productive with setting yourself up for success.

*Sometimes a little guidance can go a long way!*

The Goal Getters Accountability Course is a quick and easy, step-by-step self-guided course that outlines several skills that are helpful with achieving personal goals. In this course you will learn how to:

- Develop SMART goals
- Create Goal Oriented Priorities
- Identify a Strong Circle of Support
- Implement Effective Actions Plan

And as an added bonus, you gain an accountability coach/partner – me! You will also gain access to a private Facebook group where you are able to network with other 'goal getters' and continue receiving tips and tricks on how to achieve goals that you have set for yourself.

[Get More Info](#)