12 LIFE SKILLS

Session Two – How to Reach Goals Copyright Henry Cloud, Ph.D. 2013

Introduction to Goals:		
I.	Why are goals important?	
II.	Principles of Goal Achievement	
	A. Make goals yours	
	B. Make goals SMART	
	C. Make goals in ink	
	D. Get a plan –what, when, where, how	

12 LIFE SKILLS

E. Use sub-goals	
F. Count driving behaviors	
G. Measure yourself	
H. Define success and consequences	
I. Act like an ant—use incremental steps	
J. Use positive and negative motivation	

12 LIFE SKILLS

K. Use quarantines: obstacles and patterns	
L. Priorities vs. desire	
M. Use structure	
N. Use community	
O. Be honest and real	
P. Believe it	
Q. Do a little better	