



## **Exercise: Visualizing Your Goals**

Perseverance and determination depend on your goals. Visualizing them helps you to keep focus and track your progress. Here are 3 ways to do that:

**1. Remember the Why:** Take 10 minutes to describe how your goal contributes to a greater cause. Remind yourself why you are doing what you are doing! This will help you in times of set-backs to re-focus on your goal.

**2. Find Role Models:** Who or what is your role model? Why do you admire them/it?



**3. Visualize your progress and goals:** Write down your short- medium-, and long term goals, then add achievable benchmarks that you can check over time to track your progress. Maybe you can also establish a reward system for yourself so you can celebrate the milestones you achieve!

**Short term goal:**

**Benchmark(s):**

**My reward:**

**Medium-term goal:**

**Benchmark(s):**

**My rewards:**

**Long-term goal:**

**Benchmark(s):**

**My reward:**

