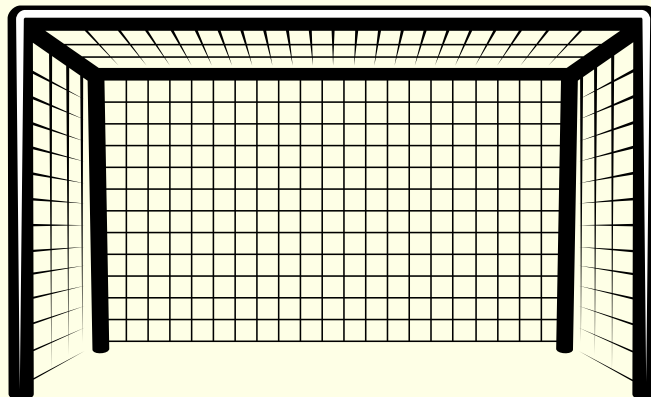





LEARN ABOUT *GOAL* *VISUALIZATION*

Pick up a printed copy of our
step-by-step guide outside of
OHP or swipe through our
Instagram/Facebook Story to
learn more!






We all may feel overwhelmed from
time to time.





One way to navigate these feelings is
through goal visualization.



Studies show that setting goals helps
create new behaviors, guide focus,
and sustain momentum in many areas
of life.



Goal visualization requires time and
intentionality, but it can really pay off!



PRACTICE GOAL VISUALIZATION WITH 2 EASY STEPS!

1

Identify one goal that you would like to achieve in the next day or two.

2

List CLEAR steps you will take to reach that goal. Check out our example below!

Goal: I want to clean my room.

Steps I need to take:

- Schedule a time
- Put my phone/computer away
- Create sub-tasks (laundry, take out trash, organize books/papers)
- Remind yourself, it's okay to not do a "perfect" job or fully complete the task. Just get started!

Helpful Hints:

- For 2 weeks, set aside 10 minutes everyday to engage in this activity—the more you practice, the easier it gets!
- Set goals that are realistic, not time-consuming, and important to you!

References

Riopel, L. (2021, January 27). The Importance, Benefits, and Value of Goal Setting. Retrieved from <https://positivepsychology.com/benefits-goal-setting>

Greater Good in Action. Goal Visualization, A way to tackle a daunting task. Retrieved from https://ggia.berkeley.edu/practice/goal_visualization