

Linda's T'ai Chi

LindaTaiChi@comcast.net

360-389-5754

Setting your Goal

Perhaps you just enjoy coming to class, learning a new skill and being with people who share a common interest. Or, perhaps you want to get really good at T'ai Chi. This is a personal decision and whatever you decide is okay with me. But, if you want to get better and improve, then setting a goal is a good idea. This document may be of help as you set your goal for T'ai Chi or frankly anything you may want to accomplish. Here are some tips for setting your goal and sticking with it:

1. **Decide** what you want to do
2. **Write** it down- writing it down increases your chances of sticking with it.
3. **Tell** someone about your goal. This also increases your chances of sticking with it.
4. **Reset** your goal if you find that you took on too much or too little; do not abandon your goal. Just make a new goal. This is just good advice for anytime you are setting goal. For our Tai Chi Challenge, you can change your goal up to 2 weeks.
5. **Choose** a start date.
6. **Keep going.** If you mess up or miss a day, don't despair or give-up. Just start again.
7. **Celebrate** and celebrate often.

My goal is _____

I am sharing my goal with _____

I will celebrate by _____

Congratulations. By completing this small worksheet, you have now increased your chances of setting a goal and seeing it through.