

Meeting Your Goals Made Easier

(NAPSA)—Think setting a life changing goal, and achieving it, is impossible? It's not. Studies show that people meet and stick to their goals far more often if the goal is simply written down and put in unexpected places where it can be seen throughout the day.

The Post-it® Super Sticky Notes Roadmap to Change: Ready, Set, Go...Stick to It! encourages the use of written reminder notes as a proven method for users to set and achieve life enhancing goals. The Web-based program, created by renowned psychologist Cynthia Green, Ph.D., provides a goal achievement tool kit in four easy steps—Ready, Set, Go, Stick to It—that can be applied to a multitude of areas including health and fitness, career advancement, finances, family management and weight loss to name just a few.

- Ready is the first section of the Roadmap, designed to help you identify a realistic goal. For example, Dr. Green suggests jotting down your reasons for wanting to attain a goal on a 4x6 Post-it® Super Sticky Note and carrying it with you for several days. Stick the note in different places around the house or your office. Live with your goal and determine if it is realistic for you. Don't choose a goal that you don't feel comfortable with or cannot meet.

- Set involves the creation of a personalized goal Roadmap. Dr. Green offers suggested tips for laying out a step-by-step itinerary to reach your goal, including enlisting a support team, gathering motivational tools of all kinds, identifying potholes along the road to your goal and listing rewards to give



Writing down reminders and placing them in eye-catching locations can be a powerful strategy to help people achieve goals.

yourself when a step is completed.

- When you've set the steps toward your goal, you're ready to Go! It has been proven that writing your goals down makes you more likely to achieve them, so make sure to write down your goal, your rewards, even the phone numbers of your support team and stick them where you are most likely to see them throughout the day, as you work toward your goal.

- The maintenance phase of the program, Stick to It, will ensure that the goal you've achieved is maintained. Utilizing the tools used to reach your goal, this final part of the plan will ensure they become habits you can really stick with for a lifetime.

Setting and achieving life enhancing goals has never been more simple than with four easy steps you can definitely stick to. For more information on the Post-it® Super Sticky Notes Roadmap to Change: Ready, Set, Go...Stick to It! log on to www.post-it.com.