**Build your goals and targets.**

Using my M.A.P.S.S. System, refine, fine tune or create your goal and then create achievable targets for your journey.

**Motivation –** What is the compelling reason(s) toachieve this?

**Achievability –** Break the goal down into achievableparts.

**Planning –** Build measures and timeframes for eachtarget, as well as your overall goal.

**Specificity –** Make the goal specific, defined and nottoo broad.

**Simple –** Is your first move one you understand and canbegin with relative ease? If not, rework it.

Once you have created your targets, make sure you are crossing them off your list as you achieve them. It’s important you acknowledge yourself for achieving each target.