



Tips for Successful Follow-Up

- Accept total responsibility for everything that happens in your life.
- Revisit your goals often—revise as necessary
- Find a goal buddy—help each other stay on track.
- Share your goals with people you trust for additional support and accountability.
- Create visual reminders for your goals.
- If you get off track, forgive yourself and keep moving forward.
- Create a playlist or soundtrack for your goals or when you need to get back above the line. Listen to it.

Create goals. Live possibility. Be happy.