Top Tips For Setting Goals

Here Are Some Top Tips For Setting Goals

Get the people around you to help.

Surrounding yourself with supportive friends, family and professionals can make all the difference. You could make joint goals with family and friends.



Have Self Compassion

DigiBe

It's okay to face doubt; what's important is that you keep trying, sometimes you need to rethink and break into smaller steps to help keep moving forward.

Think about which things get in the way of your goals and which things help you achieve them.

Work on challenging the all or nothing mindset. We are only human, getting it right most of the time is absolutely fine. How can you manage these things to help you move closer to your goals?

Every journey starts with a single step, and every achievement begins with setting a clear goal. Start by asking yourself, "What would I like to work towards?"



This can be anything from eating healthier, finishing reading a certain book or counting your carbohydrates more accurately.

Once you have your goal in mind, it's essential to break it down into smaller, more manageable steps. This not only makes the task less daunting but also provides a clear roadmap to success.



NHS

So how can you break your goals down into smaller steps?

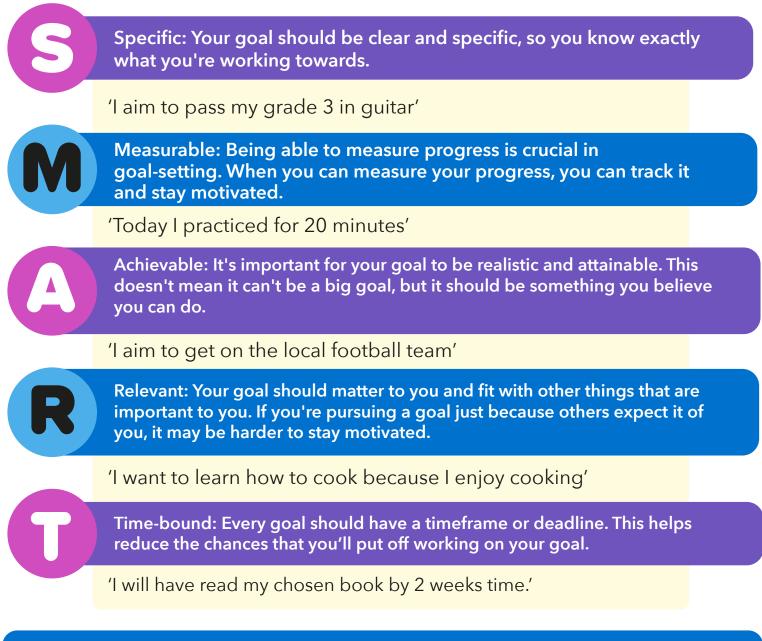


Use The Smart Goals Approach



The SMART goal approach is a method that encourages you to set goals that are: Specific, Measurable, Achievable, Relevant, and Time-bound.

> By making sure your objectives meet these criteria, you're more likely to stay on track and achieve them.



Dream big, and know that with determination, planning, and the right people by your side, you're well-equipped to turn those dreams into reality.



DiciB

More resources can be found in the **DigiBete app or on the DigiBete** website www.digibete.org



www.digibete.org © COPYRIGHT 2025 DIGIBETE ALL RIGHTS RESERVED COMPANY REGISTRATION NUMBER: 10371773