

How to Get Back on Track With Your Goals

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It might seem like a lifetime ago, but remember back in January when you intentionally set your 2019 goals? Like so many of us, maybe you fell victim to the drumming of competing priorities and those goals were forgotten before February had come and gone. Now that we're officially in the second half of the year, it's a great time to review those goals and get back on track.

Start by dusting off those cobwebs and reflecting on what you have accomplished this year. How do those accomplishments align with the goals you set? Are the goals you set in January still relevant? If not, there is no shame in adjusting them. People change, conditions change, and our goals should as well.

Next, set realistic deadlines and think tactically about how you will execute on each goal. Where might you need support? Small wins become big victories, so break your goals down into tiny-baby step like milestones. That way you will feel a sense of accomplishment while steadily moving towards your destination.

If you haven't already, find an accountability partner – it could be a colleague, supervisor, or executive coach. Share your goals, ask them to observe you and give them permission to give you feedback. Schedule regular meetings to check in so your goals are not lost or forgotten in the busy day-to-day. Check out my blog [here](#) for more tips on how to create a work environment where accountability is second-nature.

It's not too late to crush your annual goals and end the year strong. Are there steps you have taken to help achieve your goals? Particular tips you find effective? I would love to hear what's worked and what hasn't. Send me an email at thomas.epperson@innerwill.org and let me know!

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