



LET'S GET MEOW-TIVATED!

Goals for you & your cat



At the start of a new year, many people try to change their whole lifestyle, set too many goals, or set goals that aren't attainable. Then, when they don't accomplish what they wanted to do, they blame themselves--even though the goal, not the person, is the problem. The solution: Taking a gentler approach to goal-setting that's both realistic and efficient, setting you up for success.

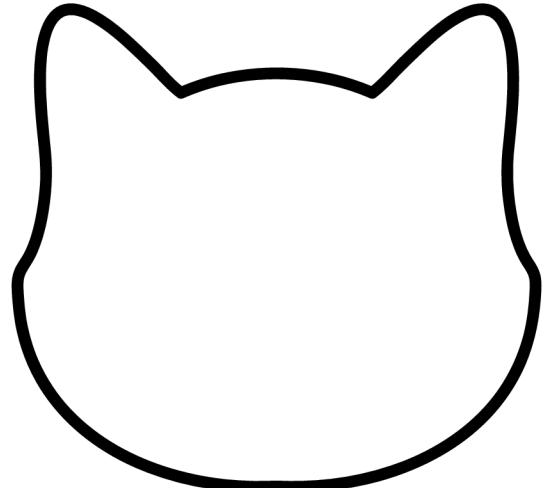
Use this worksheet to set just one goal for yourself, breaking it down into a few smaller steps. Choosing just one goal helps you focus your energy on it, and writing down the steps you'll take to get there can help you reduce overwhelm and feel more prepared. Plus, write down an affirmation (af-FUR-mation!) to help boost your confidence and stay MEOW-tivated!

And because research shows that social support is helpful when it comes to meeting goals, there's space for you to include a goal for your cat! While it's likely that you'll be doing a lot of the work on their goal too, the important thing is that you're doing it together--even if kitty sleeps through a lot of the work. (We're used to that by now, right?)

My goal:

The steps I'll take to get there:

My cat's goal:



Need ideas? Consider committing to an extra 10 minutes of playtime daily, getting back on track with vet visits, or training kitty to do a trick.

My af-FUR-mation for success this year: