



What is a **Micro Goal**? Micro goals are *small, highly specific, and actionable tasks designed to be achieved in a short timeframe* (e.g., minutes, days, weeks) to *facilitate progress toward a much larger, long-term objective*. By *breaking down daunting, major goals into manageable steps, micro goals increase motivation, build consistency, and reduce the feeling of being overwhelmed*.

If you were to set a Micro Goal in any of the Lifestyle categories above:

- 1) What is the goal?
- 2) Why is the goal important to you?
- 3) How will you feel in the accomplishment of this goal?
- 4) What challenges/barriers (e.g., logistical, fear, lack of confidence) are holding you back from this goal?
- 5) What resources, tools or support might you need to achieve this goal?
- 6) What is the timeline (e.g., 1 week, 1 month)?