

One of the more effective ways to map out your journey is to write it out in the order that you will need to complete the tasks. This may not always be possible, but placing each task in between the appropriate milestone, helps to visualize when you see yourself working on that particular smaller goal. This is where you want to be as specific as possible, especially when it comes to when and where.

Remember, you are 46% more likely to achieve a goal if you write it down. Have your goal written on a sticky note in you house, maybe on the refrigerator or bathroom mirror. Have your future in front of you every day.

## 1. Milestone 1

- a. Mile marker 1
- b. Mile marker 2
- c. Mile marker 3

## 2. Milestone 2

- a. Mile marker 1
- b. Mile marker 2
- c. Mile marker 3

## 3. Milestone 3

- a. Mile marker 1
- b. Mile marker 2
- c. Mile marker 3

If you have any questions about any of these concepts, please feel free to email me at [wellness@costcare.com](mailto:wellness@costcare.com)

In good health,  
Carol Bridges