

# Employee Assistance Program *Tip Sheet*

## Stride Forward: Achieving Your Goals with Confidence

Reaching your goals can feel overwhelming, but with the right approach, success is within your reach. Follow these tips to set yourself up for achievement:



### 1. Set Attainable Objectives

Start by defining clear, specific, and realistic goals. Use the SMART framework: goals should be Specific, Measurable, Achievable, Relevant, and Time-bound. For example, instead of saying, "I want to get fit," try "I will exercise three times a week for 30 minutes."

### 2. Break Goals Into Milestones

Large goals can seem daunting. Break them into smaller, manageable steps to create a roadmap for success. Celebrate each milestone you accomplish—it builds momentum and keeps you motivated.

### 3. Initiate Positive Change

Taking the first step is often the hardest part. Identify one small action you can take today to move closer to your goal. Remember, progress, no matter how small, is still progress.

### 4. Overcome Obstacles

Challenges are inevitable, but your mindset matters. Focus on solutions instead of dwelling on setbacks. If a plan doesn't work, adapt and try a different approach.

### 5. Stay Consistent

Consistency is the key to long-term success. Dedicate time and effort regularly to your goals and track your progress to stay accountable

Every journey starts with a single step. By setting clear goals, taking actionable steps, and staying consistent, you can confidently work toward achieving your aspirations. If you need additional support, your EAP offers free and confidential counseling, along with tools, resources, and guidance to help you stay on track and reach your goals.



### Your Employee Assistance Program

Anytime, any day, you have access to mental health professionals available to connect you with free and confidential services and resources to help you be your best. Simply call to get started today.

**24/7/365 PHONE:**  
1.800.833.3031

**WEBSITE:**  
EAPHelplink.com

**CODE:** IOWA



Scan this QR code using your phone camera to go directly to the EAP website