

Employee Assistance Program *Tip Sheet*

Staying Committed To Your Goals



Staying committed to goals can be challenging, especially once the early motivation fades. These practical strategies can help you build habits that support steady, lasting progress.

- **Start with your “why.”** Clarifying the deeper reason behind your goal helps you stay committed when motivation shifts. Ask yourself questions like: “What would achieving this goal allow me to experience in my life that I don’t experience now?” Imagine yourself a year from now having completed this goal. What positive changes do you notice in your well-being, relationships, work, or confidence?
- **Turn big goals into small, repeatable habits.** Breaking larger goals down into small steps reduces overwhelming feelings, builds confidence, and removes the pressure of “all or nothing” thinking.
- **Use cues that set you up for success.** Adjusting your environment reduces barriers and makes it easier to do what you planned. For example, placing items where you’ll see them or preparing the night before can support follow-through.
- **Track your progress and acknowledge small wins.** Noticing what’s working reinforces positive behavior and makes it easier to stay motivated over time.
- **Plan for setbacks.** Slips are part of any meaningful change. Treat them as a positive rather than a negative, then adjust your approach and keep moving.
- **Build accountability.** Sharing your goals with someone you trust increases your likelihood of staying consistent and helps you re-engage when energy dips.

If obstacles, stress, or life transitions are making it difficult to stay committed, your Employee Assistance Program (EAP) can help. Connect with free and confidential counseling support and resources to keep you moving toward what matters most.

References: Centers for Disease Control (CDC) – [3 Steps to Building a Healthy Habit](#). National Institutes of Health (NIH) – [Creating Healthy Habits](#).

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