

HOW TO ACCOMPLISH YOUR GOALS?

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Miller & Frisch (2009) emphasize the importance of writing down our goals; it has been proved that written goals are more achievable than those that are just thoughts or words.



It is also known that it is more probable to achieve a goal when it is **“accountable”** to someone: for example, if you are determined to work out and you commit to go running with a friend, it is more probable to achieve it.

In her book **Creating your Best Life (2008)**, Miller proposes to write each of our goals and answer the following questions:

