When working toward a goal, try these tips to persist in the face of challenges:

1. Stay **motivated** by imagining the positive impact your success will have on both yourself and on others.

2. **Remove distractions** and **set a timer** for twenty minutes of solid focus on the challenging work. Then, set a timer for a five-minute break to move and stretch before returning to your task. Stepping away from a demanding task for a few minutes of playful activity or relaxation gives your mind a chance to **wander creatively**, making new connections among the pieces of information you have gathered. Repeat a series of work and break times as you build on each success.

3. Hold yourself **accountable** to someone else for reaching your goal and celebrate your successes in conversations with that support person.

4. Failing to meet an objective or falling short of a goal is a problem to solve, so view yourself as a problem-solver. Check your self-talk. If you find yourself saying, “I’m a failure,” quickly rephrase that to, “I failed this time. Although I haven’t met my goal yet, I am learning with each step I take.” **Face failures as temporary setbacks** that hold **valuable lessons** to inform subsequent attempts at success.

5. **Educate** yourself on topics related to your goal. Get ideas from researching how others pursued and met similar goals.

6. **Ask for help and accept it.** Very rarely are large goals met alone.

7. Maintain **hope** by reminding yourself of the strengths and skills you used to meet and exceed previous goals.