

How to Achieve G.O.A.L.S. That Matter to You



Imagine throwing a dart without a target.

Where would you aim? Why would you aim there?



Attempting to make a change in your life without a clear goal in mind is like throwing a dart without a target.

“G.O.A.L.S.” is a simple way to help you remember science-based skills that will teach you how to best achieve your goals by setting a clear target to shoot for and motivate you to keep going.



Five skills to help you reach your G.O.A.L.S.

GRIT

Grit is the courage and strength to see a task through to the end despite challenges. To develop grit, adopt a habit of daily practice, learn as you go and, most importantly, move through the challenging parts.



Sometimes it can even help to say aloud:

“This is so frustrating because I’m challenging myself.”



OUTCOME

Thinking about the specific **outcome** you want can be more important than the goal itself—it's what you hope that goals get you. A helpful skill is to think of the outcome you want and create a plan that will get you through any challenges that stand in your way.

ACHIEVABLE

Think carefully about the way you frame your goal. How can you make it practical and **achievable**? What are the specific indicators that will show you and others that you are closer to reaching your goal? A specific question you can ask to determine if your goal is achievable is to fill in the blank: I will know my plan is working if_____.

LINK

Linking steps toward your goal with something you enjoy is a powerful way to achieve more without demanding so much self-control. Unlike doing something fun as a reward AFTER completing a chore, this practice ties together something you like with completing necessary tasks. If your goal is to spend an hour a day doing household chores so your weekends can be more relaxing, you might bundle a not-so-fun task like laundry with watching your favorite TV show.

STEPS

Small **steps** together equal one giant leap. The trick is to break down a goal into the smallest, most manageable steps you can. Completing smaller goals to reach that big one can help keep motivation high. You can also reflect on where you've been by documenting your progress and sharing it with family or friends.

The Amgen By Your Side team has resources to help you every step of the way. Visit www.AmgenByYourSide.com to learn more.

If you have already been prescribed an Amgen medication and want more information on goal setting, contact your Patient Access Liaison or Clinical Nurse Educator at 1-844-469-4297.

