Change is Necessary for Growth
Set S.M.A.R.T. Goals

Specific
Break down the goal to one simple area of change. (who, what, when, where, and/or how)

Measureable
Make sure you have the ability to show or test that change has taken place.

Achievable
The goal will challenge you but still needs to be capable of attaining.

Relevant
Ensure the specific goal is going to help you in your overall growth process.

Timely
set the goal for enough time so that change and growth can take place but not too much time that motivation becomes stagnant.