



Practical Goal Setting Articles

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1. Mayo Clinic: [Get a Healthy Start to the New Year>>](#)
2. Psychology today: [7 Tips for Setting Achievable Goals>>](#)
3. RealSimple.com: [Habit Stacking is the Easiest Way to Make New Habits Last...>>](#)
4. LifeHack.org: [Your New Habits Will Stick with These 5 Killer Strategies>>](#)
5. Health Talk.org: [Pain Management: Pacing and Goal Setting>>](#)
6. Air.org: [Moving From a Cycle of Pain to a Cycle of Wellness>>](#)
7. Substance Abuse & Mental Health Srvcs Admin: [Creating a Healthier Life>>](#)
8. CNN: [...Yale's Happiness Course is More Popular than Ever>>](#)
Coursera.org: [The Science of Well-Being free class>>](#)