



Effective Goal Setting Articles

January 2024

1. Mayo Clinic: [Get a Healthy Start to the New Year](#)
2. YearCompass: [Close 23 Open 2024: Free booklet](#)
3. Psychology today: [7 Tips for Setting Achievable Goals](#)
4. RealSimple.com: [Habit Stacking is the Easiest Way to Make New Habits Last...](#)
5. LifeHack.org: [Your New Habits Will Stick with These 5 Killer Strategies](#)
6. Health Talk.org: [Pain Management: Pacing and Goal Setting](#)
7. Air.org: [Moving From a Cycle of Pain to a Cycle of Wellness](#)
8. Substance Abuse & Mental Health Services Admin: [Creating a Healthier Life](#)
9. CNN: [...Yale's Happiness Course is More Popular than Ever](#)
Coursera.org: [The Science of Well-Being free class](#)