

# MONTHLY TIP

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**Make sure that you reward yourself for “milestones” or steps that you achieve on the way to a long-term goal.**

Having a reachable goal and knowing how to get there are not enough. Maintaining motivation is key. A party, celebratory dinner, or simply sharing your success with a friend can really help. Achieving goals can be a long journey, and it is important to have fun along the way.



Tips in 2004 will focus on how to do cognitive-behavioral work in a more dynamic and satisfying way than offered with traditional cognitive-behavioral counseling. For more information on this series of tips, see the January, 2004 soapbox essay.