# Set a Weight-Loss Goal You Can Reach

Do you set out to lose 15, 20, or 30 pounds every year or so, only to find yourself stuck after the first 5 or 10? If so, do you quit out of discouragement? There may be nothing wrong with your rate of weight loss. Your ability to set realistic goals may be the problem. If you'd like to increase your odds for success, try setting smaller, interim goals you can reach quickly. These are called short-term goals.

First, your goals need to be measurable. For instance, don't tell yourself you have to "lose lots of weight." You can't measure "lots of weight." So decide on a set number of pounds you want to lose. Then, break your overall goal down into realistic mini-goals. A realistic mini-goal would be to lose 5 pounds in three weeks, for example.

As you achieve your first couple of "mini-goals," you'll feel better sooner. After you reach each milestone of 5 or 6 pounds, set the next reachable goal, and so on. Small achievements add up, and keep motivation where dieters need it–high.