

# The Best Day to Start a Goal

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***The Huffington Post:***

Setting goals is important. And starting them is a pretty big deal.

Why?

It marks the beginning of change. When you take action for what you want personally or professionally. We all know how tough it can be to follow through on your goals. So knowing how to effectively start pursuing them can help, right?

New research published in the journal *Psychological Science* has found a piece of advice for those wanting to start a new goal off right. These researchers found that when you start can give you more motivation to start your goals.

Read the whole story: [The Huffington Post](#)