

Goal Setting

What is a goal?

“The result or achievement toward which effort is directed.”

Random House College Dictionary

“A goal is the ongoing pursuit of a worthy objective until accomplished.

Setting and achieving goals is one of the best ways to measure your life's progress and create unusual clarity and focus in your mind.”

Canfield, Hansen, and Hewitt, *The Power of Focus*

Goal Setting Checklist (from *The Power of Focus*)

- ◆ **Your most important goals must be yours.** Whatever you decide, make sure it's something you want, not something that someone else wants.
- ◆ **Your goals must be meaningful.** When you identify and write down your goals, ask yourself the following questions: What's really important to me? What's the purpose of doing this? What am I prepared to give up to make this happen? Whatever you choose, it should make you excited to do.
- ◆ **Your goals must be specific and measurable.** When you create your goals, try to be specific as possible, such as with amounts and time deadlines. Always ask yourself, BE MORE SPECIFIC!
- ◆ **Your goals must be flexible.** There are times when other things might change the course of that goal.
- ◆ **Your goal should be challenging and exciting.** Set goals that would take you out of your comfort zone. Also choose goals that would push you and your life to another level.
- ◆ **You should try to align your goals with your values.** If any of your goals are in conflict with your values, your gut feeling will remind you that something isn't right.
- ◆ **Your goal should be balanced.** You should try to set goals that will encompass all areas of your life; you should try to avoid attempts to set them on only a few areas of your life.
- ◆ **Your goals should be realistic.** Make sure that the goals you set stretch you, but are not impossible.
- ◆ **You should set goals that will be supported by at least one other person.** By sharing your goals with another positive, not only will they encourage and support you to pursue those goals, but they will also hold you accountable to accomplish them.
- ◆ **You must write down your goals and put them in a place where you can see them everyday!** By writing them down and putting them in a place where they can be seen, you are more likely to keep your thoughts on accomplishing them.

Goal Setting Questions/Categories

So what goals should you choose? If you are not sure, you can create your goals from the following seven categories:

- ◆ Financial
- ◆ Business/career/education

- ◆ Social/recreational/fun
- ◆ Health/fitness/exercise
- ◆ Family/friends/relationships
- ◆ Service/community/contribution
- ◆ Personal/emotional

To help you get started on identifying your goals and dreams, try to see if you can find at least one goal for each of the questions listed below:

- What do I want to do?
- What do I want to have?
- Where do I want to go?
- What contributions do I want to make?
- What do I want to become?
- What do I want to learn?
- Who do I want to spend my time with?
- How much do I want to earn, save, and invest?
- What will I do to create optimal health?

Examples

- I want to find a career that fits my interests.
- I want to lose 20 pounds within the next six months.
- I want to spend at least one month out of the year traveling around the country.
- I'd like to start writing an article for a journal or a book.

Goal Picture Book

The goal picture book will require that you not only think outside the box, but be creative as well. First, identify/list 25 goals that you'd like to accomplish in your lifetime. They can be ANYTHING you'd want to achieve - whether it's climbing Mount Everest, taking a trip around the world, owning your own business - it's really up to you. All that I require is that you create a page for each of these 25 lifetime goals. Try to find pictures that are as specific as possible - the more specific, the more focused you can be in achieving that goal. For each page/goal, write a brief caption that describes the goal. And you can put your book together in any format you desire. Remember - these are 25 things that you'd like to accomplish in your lifetime!

Brainstorming Exercise

Select one personal or professional goal that you see as having obstacles. Write it down on your index card. Pair up with someone you do not know well and share your goal and the obstacles that you perceive. Have your partner generate as many possible solutions as the allotted time permits. Write down the suggested solutions. Switch roles and repeat the process. When time is called find another person you do not know well and repeat the exercise. When time is called find a third partner. Upon completion of this exercise you will have a list of possible solutions to the obstacle that is preventing you from reaching your goal. **PRIORITIZE & ACT!**