



GOAL SETTING

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Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality.

The process of setting goals helps you choose where you want to go in life.

To achieve great things - to demand a higher standard - you need to plan and the resources, templates and recommended readings outlined below will jump start you in the right direction!

INGREDIENTS

There is a right and a wrong way to set a goal. Whilst S.M.A.R.T is a good starting point it neglects some basic human psychological concepts that look at motivation, rewards and staying focussed.

I have created a model - a mind-set check list - to help you! This is a list of 10 items that I feel are crucial when working towards developing an aspect of your life.

Whether your goal is intrinsic (to develop your confidence or become more resilient) or extrinsic (to set up a business, increase sales) the same principles apply!

One of my guiding principles in life is the belief that our brains need a work out too and that we should apply the same dedication, diligence and commitment to our life's ambitions as we do in the gym. So, lets get to it!

The first thing that you need to do is to ensure that your goal, project or vision reflects your **VALUES** and what makes you **HAPPY**. To live an authentic life and a life that you really love you must ensure that your attitudes and behaviours are inline and unless you are having fun your journey will be short-lived.

Once you have these in check, it is time to let go of your fears and move confidently in the direction of your goal. You must **BELIEVE** that you CAN and you must feel comfortable shouting this from the roof tops! Writing your goal down is not enough (although it is a great start), you must not be embarrassed, ashamed or hold back in any way from sharing your vision.

Talking about your vision and taking **OWNERSHIP** makes it real, and will open up opportunities to learn, grow and develop. Research shows that when we take ownership over something, including our goals, we are more committed to it. Taking ownership over goals means it becomes "ours" thereby becoming part of our identity.

INGREDIENTS

Don't be afraid to talk about your goals either, and don't be afraid of what people might think of you - it is only ever small minds that judge big goals.

However, when you are talking about your vision, you must keep it **SIMPLE** and keep it **SPECIFIC**. If you can't explain it specifically than you don't understand it well enough!

When you are talking about your vision it must ooze **PERSONAL PURPOSE**. You must **UNDERSTAND** your **WHY**.

Why are your goals, projects and vision so important? What does it mean to you? What is your "SO THAT"?

Your vision is not to "feel confident". Your vision is to create a profitable business "so that" you can feel confident, empowered, strong, independent. This is why you will wake up on a cold miserable Winters day... to **FEEL**!

We can never underestimate the role the people around us play. Are they radiators or are they drain's?

Surround yourself with people who **SUPPORT** you and believe not only in your vision, but **YOUR ABILITY TO ACHIEVE IT AS WELL**.

Identifying **MILESTONES** along the way will keep you focussed, and show you that you are moving in the right direction. Work within 12 week blocks and create 3 milestones (1 every 4 weeks) that will show you are moving closer to my goal (remember, the only way to eat an elephant is one bite at a time).

CELEBRATE all of the successes and use your imagination to come up with something that will reinforce your self-belief and serve as evidence that you **CAN** when things get tough. I call this a "**SUCCESS BANK**". Our brains love positive feedback and respond well when it is rewarded for effort well done.

INGREDIENTS

In a similar vein ,this is why it is important to end the negative cycle that starts when you beat yourself up because you didn't do something well and ends with you feeling demotivated and disheartened. If you wouldn't treat a small child this way why on earth do you continue to criticise yourself?!

Do you understand what you need to do on regular basis in order to reach your vision? What **TASKS** should you complete on a daily basis that will move you closer to where you want to go?

Getting started can be the hardest! We become consumed by what people think, fears of failure and judgement and we let these fears prevent us from creating a business and life that we love, from **LIVING LIFE ON OUR TERMS**.

The only way to eat an elephant is one bite at a time, but after you have taken that first bite keep the **MOMENTUM** alive and remember to take daily steps towards your vision.

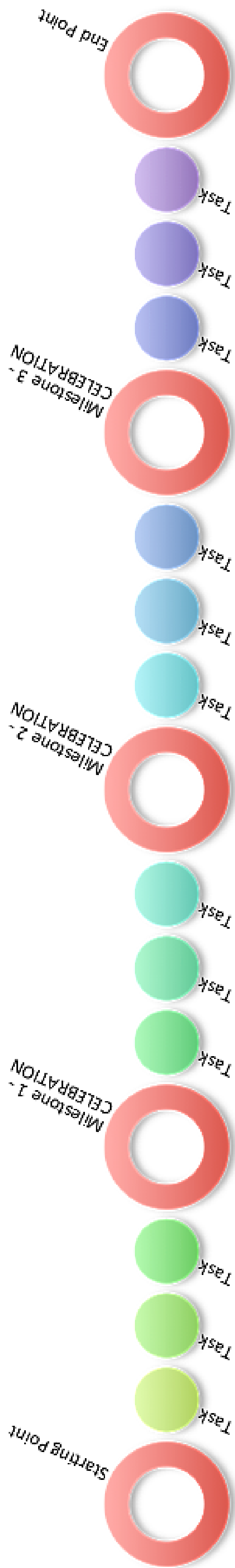
Build your confidence and slowly but surely your fearful mind set will be replaced with a **GO GETTER ATTITUDE**. Deadlines are a sure fire way to light a fire in your belly. Preparation is key, but be sure that this preparation includes an **END POINT** and realistic (yet challenging) **TIMEFRAME**.

There is no such thing as pushing the goals posts back! Set a goal, achieve goal, celebrate achievement, create new more challenging goal.

SUMMARY OF THE 10X10

1. Values (what is important to you)
2. Happiness (what makes you happy)
3. Ownership (over what you want)
4. Specific (what exactly is my goal?)
5. Personal Purpose (why is it important to me)
6. Support (who is my support?)
7. Milestones (how do I know I am going in the right direction)
8. Resources (what do I need and what do I have?) and
RESOURCEFULNESS (mindset) do I need to cultivate or let go
of?
9. Momentum (what am I doing to ensure that I am constantly
moving in the right direction? Milestones, celebrating?)
10. Time frame (when will I achieve this by?)

GOALS PROGRAMME



ADDITIONAL RESOURCES

The Five Minute Journal

The Self Journal

Goal Setting Webinar:

[https://www.youtube.com/watch?
v=19acOpeHcnU](https://www.youtube.com/watch?v=19acOpeHcnU)

RECOMMENDED READING

The 12 Week Year, Brian P. Moran & Michael
Lennington
<http://12weekyear.com/>