

GOAL-GETTER Goal-setting Masterclass

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Lesson 1: Challenges People Face with Goal-Setting

Let's start by looking at some of the reasons people set goals but are unable to achieve them:



Their goals are too broad and lack specific parameters

Their time frames are unreasonable and expectations unrealistic

They lack the motivation to follow through with task completion

They don't take enough action once goals are made

They lack accountability from an outside source to keep them on track

You may see yourself in some of the above statements and have experienced similar difficulties with achieving goals in the past. That's all about to change.

Action Steps:

1. What process do you usually use to set goals? How effective is this process in getting to the outcome you want?