

The Importance of Goal Setting In Everyday Life

'A goal without a date attached to it is just a dream, a fantasy, an idea!'

1) Definition of a Goal

A positive statement of intent, correctly formed, made with absolute commitment and followed through with daily action with an end date in mind. This statement is written down and reviewed constantly.

2) Questions to ask yourself

- What do you want (is this goal yours? *Eliminate words such as try & should.* Is this goal in conflict with any other goals?
- What are the benefits of not achieving this goal / or staying in this situation (there are *always* benefits in not changing)?
- What action(s) are you going to undertake to ensure achievement?
- What support is required (by whom)?
- How committed / enthusiastic / confident / motivated are you to achieving the task (*on a scale of 1 – 10 with 10 being the highest*)?
- Describe what it's like to achieved your goal (listen out for the language used - see, hear, feel)?
- What / who could sabotage your achievement?
- What beliefs have been limiting you to date?
- What evidence do you have for believing this?
- What empowering beliefs do you have about yourself that will help you achieve your goals?
- What evidence do you have that these beliefs are true?
- When would you like to achieve your goal by? (*short, med, long term*)
- What rewards will you use to maintain your motivation?
- How will this goal make you happier, healthier, wealthier etc?
- How will you know when you have achieved your goal?

3) How To Set S M A R T E R Goals

They must be:

- Congruent with personal values
- Written down, dated and prioritised
- Reviewed twice daily
- Stated in positive language (present tense)
- Measurable and balanced
- Outcome related
- Physically possible
- Followed through with action



- For your own good and good of others
- Desirable and challenging

4) When To Review Your Goals

- Every morning and evening = nurturing brain food!
- See it in your mind's eye as you read your goals
- Review your list weekly and up-date as necessary (circumstances, people and priorities change)
- Add new goals as you achieve them
- Take action that is congruent with your goals

5) Why & How to Prioritise Your Goals?

- Categorise goals into short, medium, or long term
- Define your categories ie personal needs & wants. Suggested Categories to review: Career, Money, Health, Self-confidence, Friends and family, Significant other/Romance, Personal development/growth, Fun and recreation, Physical environment, Spirituality.

6) Use Visualisation To Achieve Your Goals

'If your goal is to achieve £50K – visualise it, write the word 50 everywhere, keep repeating the words 'fifty thousand pounds', become obsessive and take positive actions to realise the goal' Talk and Grow Rich by Ron Holland

In Goal Achievement There Is No Success or Failure There Is Only A Result. Success Or Failure Is Something That You Attach To That Result!

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