

## ***Goal Setting Process - Questions***

### **Step 1: Define what, why, and when**

- What specifically do I want?
- Why specifically do I want this?
- When specifically do I want this?

**S.M.A.R.T. - Specific, Measurable, Attainable, Relevant, Time-based**

### **Step 2: Conformity**

- Is this goal aligned with my core values?
- Does this goal support my current lifestyle?
- Do any conflicts potentially exist here?
- Will I potentially need to adjust my priorities to make room for this goal?
- Is this goal in conflict with other goals I am currently working towards?
- How could these potential conflicts hinder my progress?
- Does this goal support the person I seek to become?

### **Step 3: Scope**

- Who will potentially be affected by this goal?
- How will these people be affected by this goal?
  
- What is good about my present situation?
- Would achieving this goal allow me to keep these things?
  
- What sacrifices may I need to make in order to pursue this goal?
- Am I willing to make these sacrifices?
  
- What are the consequences of not achieving this goal?
- What's clearly at stake here?
- What could I miss out on or lose altogether?
- How will that make me feel?
  
- What could I potentially gain by achieving this goal?
- What will achieving this goal allow me to do for myself and others?
- How will it change me as a person?
- How will that make me feel?

## Step 4: Develop a Blueprint

- What potential obstacles could stand in my way?
- How could they delay or hinder my progress?
- What must I do to successfully work through these obstacles?
  
- What resources do I currently have that can help me achieve this goal?
- What resources might I need to help me achieve this goal?
- How will I go about acquiring these resources?
  
- Does my environment support the attainment of this goal?
- How does it help me? How does it potentially hinder me?
- Do the people in my life support the attainment of my goal?
- How might I need to modify my environment moving forward so that it supports all the work I'm going to do in pursuit of this goal?
  
- Given what I now know, what kind of person must I become in order to achieve this goal?
- What kind of habits and rituals must I build in order to achieve this goal?
- What kind of beliefs and qualities must I adopt in order to achieve this goal?
- What personal standards must I abide by in order to achieve this goal?

## Step 5: Drawing Up a Plan of Action

The final step is to lay out a plan of action, break larger complex goals down into more manageable steps or milestones.

Remember I said in the video lesson that I swing back to the S.M.A.R.T. system that we outlined for you in a previous lesson.

**S.M.A.R.T. = Specific, Measurable, Attainable, Relevant, Time-based**

Once you have worked your way through these five steps and then recorded your new S.M.A.R.T. goal, you are now ready to go out and achieve it.