

Goal Setting Process

Questions to Consider

Write down your most pressing problems or worries right now...

If you won a million dollars cash, tax free, tomorrow, what changes in your life would you make immediately?

What do you really love to do? What gives you the greatest feelings of value, importance and satisfaction?

If you could wave a magic wand over your life and have anything you wanted, what would you wish for?

What would you do, how would you spend your time, if you only had six months left to live?

What would you really want to do with your life, especially if you had no limitations?

Goal Setting Technique

Get a blank piece of paper and draw a line down the middle. In the left hand column title it 'What Do I Want' and in the right hand column title it 'What I Don't Want'.

Ideally do this for each of the [8 areas of your life](#) so you have a start with 8 blank pieces of paper and fill them in to make sure you are getting some balance with your goals too.

Start by filling in the right hand column. Look at all areas of your life and think about what you no longer wish to have in your life, what are you unhappy with and what do you feel is holding you back.

Once you have the list of things you do not want in your life anymore then it's time to fill in the list of things you do want on the left hand side.

Easiest thing to do here is just flip the things you don't want from the right hand column and do the opposite of that to give you the things or goals that you do want to achieve in your life moving forward.

Once you flip to things you do want make sure you are focused on that and no longer focus on the things you don't want anymore.

The subconscious mind is what will go to work for you, think of it as your super computer. If you say 'I don't want to be fat anymore' the brain will just interpret that as 'I want to be fat'. This is why you need to focus on the new positively framed goal of what you do want which might be 'I will be fit and in shape'.

The point here is to make sure you are focusing on the positives and not the negatives. You just use the negatives to help you realize what you do want moving forward then move them out of your mind and just focus on the positives.

A very simple but effective technique to start your goal setting and get those creative juices flowing.

SMART Goal Setting

| | |
|---|-------------|
| S | Specific |
| M | Measureable |
| A | Attainable |
| R | Realistic |
| T | Time-Based |

Specific - This means no vague goals. So you do not just say I want to lose weight, you say exactly how much weight and by when. If it's not specific, then how will you ever know if you've achieved in reaching your goal.

A specific goal has a much greater chance of being accomplished than a general goal. To set a specific goal you must answer the six "W" questions:

*Who: Who is involved?

*What: What do I want to accomplish?

*Where: Identify a location.

*When: Establish a time frame.

*Which: Identify requirements and constraints.

*Why: Specific reasons, purpose or benefits of accomplishing the goal.

EXAMPLE: A general goal would be, "I want to lose weight." But a specific goal you would say, "Join a health club and workout 3 days a week, so I can lose 10lbs by at 5pm December 15th 2017"

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set.

When you measure your progress, you stay on track, reach your target dates, and experience the exhilaration of achievement that spurs you on to continued effort required to reach your goal.

To determine if your goal is measurable, ask questions such as...

How much?

How many?

How will I know when it is accomplished?

Attainable — When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, skills, and financial capacity to reach them. You begin seeing previously overlooked opportunities to bring yourself closer to the achievement of your goals.

You can attain almost any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have

seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

When you list your goals you build your self-image. You see yourself as worthy of these goals, and develop the traits and personality that allow you to possess them.

Realistic - To be realistic, a goal must represent an objective toward which you are both willing and able to work. A goal can be both high and realistic; you are the only one who can decide just how high your goal should be. But be sure that every goal represents substantial progress.

A high goal is frequently easier to reach than a low one because a low goal exerts low motivational force. Some of the hardest jobs you ever accomplished actually seem easy simply because they were a labor of love.

Time-Based — A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency.

If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by 5pm December 15th 2017", then you've set your unconscious mind into motion to begin working on the goal.

Your goal is probably realistic if you truly believe that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past, have others managed to do this or something similar or ask yourself what conditions would have to exist to accomplish this goal.

The 5 Steps to Setting Goals

1. Set your goals SMART, then put them in writing.
2. Set milestones and benchmarks to achieve along the way so you know you're heading in the right direction.
3. Set action commitments to help you achieve your milestones or benchmarks and the overall goals.
4. Take it a step further than simply telling a friend, go and get an accountability partner who is also a goal setter and share goals with each other.
5. Celebrate your success, it doesn't have to be huge but maybe go out for dinner or spend time with friends or family. If you achieve a huge goal then give yourself a bigger reward, just make sure you **CELEBRATE YOUR SUCCESS!**

This gives you some of the foundations to work through the goal setting process. Now open the [Goal Setting Worksheet](#) up and work through your top 3 most important goals in all 8 areas of your life.

Make sure you enjoy the process!