

5 KICKASS TIPS FOR SETTING ACHIEVABLE GOALS



SETTING AND ACHIEVING GOALS IS ONE OF THE MOST REWARDING THINGS YOU'LL DO IN LIFE.



1

DETERMINE WHAT YOU WANT TO ACCOMPLISH.

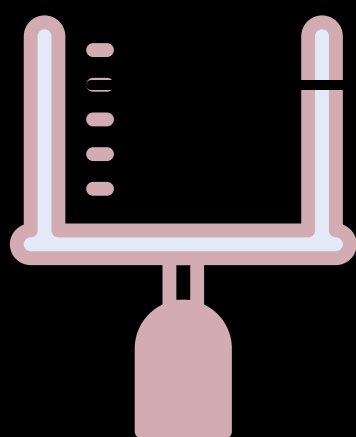
WHATEVER YOU WANT TO ACCOMPLISH IN YOUR LIFE, TAKE A MOMENT TO LET YOUR MIND DREAM AND DREAM BIG. SET UP TO 4 OR AT MOST 5 GOALS TO ACCOMPLISH IN 2021. THE BALANCE FROM THIS STEP GOES TO 5 AND 10 YEAR GOALS. WHEN YOU'VE SPELLED OUT ALL YOUR GOALS, RUN THEM THROUGH THE SMART TEST.



2

CONNECT YOUR GOALS WITH YOUR CORE VALUES.

THIS IS WHERE THINGS CAN GET CHALLENGING. LET'S SAY YOU WANT A POSITION WITH MORE RESPONSIBILITY AT WORK, BUT IF THE FUNDAMENTAL LEADERSHIP OF YOUR ORGANISATION IS LESS THAN NOBLE, YOU'D HAVE A PROBLEM IF ONE OF YOUR CORE VALUES IS INTEGRITY. LIKEWISE, PURCHASING AN EXPENSIVE HOME MAY BE IN CONFLICT IF ONE OF YOUR CORE VALUES IS BEING FINANCIALLY CONSERVATIVE.



3

CHECK GOALS FOR CHALLENGE LEVEL

SMART IS A GREAT WAY TO MAKE SURE GOALS ARE PLAUSIBLE, BUT THE OFTEN FORGOTTEN STEP IS LIKE GOLDILOCKS. GOALS SHOULDN'T BE TOO CHALLENGING, NOT CHALLENGING ENOUGH, BUT BE JUST PRECISELY THE RIGHT AMOUNT OF CHALLENGE. SPECIFIC, MEASURABLE, ATTAINABLE, REALISTIC, AND DEFINITELY TIME-BOUND. MAKE SURE YOU HAVE A LEVEL OF CHALLENGE THAT WILL CAUSE YOU TO REACH BUT NOT BECOME OVERWHELMED.



4

GIVE YOUR GOALS A PLAN

NOW COMES THE FUN PART. PUTTING A PLAN TOGETHER TO ACHIEVE YOUR GOALS. THE MOST IMPORTANT PART OF THE PROJECT IS KEEPING YOUR GOALS IN FRONT OF YOU. IF YOU'RE A PAPER PERSON, WRITE THEM OUT AND KEEP THEM WHERE YOU'LL SEE THEM. IF YOU'RE DIGITAL, HAVE THEM ON YOUR COMPUTER DESKTOP AND AVAILABLE ON YOUR SMARTPHONE AND TABLET. YOU CAN EVEN CREATE AN IMAGE OF THEM, SO THEY ARE THE FIRST THING YOU SEE WHEN YOUR DEVICE POWERS UP. THE IMPORTANT THING IS TO REVIEW REGULARLY AND FREQUENTLY. NEXT, BREAK THE GOALS DOWN INTO ACHIEVABLE CHUNKS. IN THIS STEP, IT'S CRITICAL TO BREAK YOUR GOALS DOWN INTO SPECIFIC ACTIONS. RECENT RESEARCH HAS INDICATED THAT ACHIEVING SMALL STEPS IS MORE EFFECTIVE THAN SETTING UP TASKS OR APPOINTMENTS THAT ARE LARGE AND CHALLENGING WHICH CAN DERAIL YOUR PLANS.



5

TAKING ACTION

SETTING AND ACHIEVING GOALS IS ONE OF THE MOST REWARDING THINGS YOU'LL DO IN LIFE. BY CONNECTING WITH YOUR CORE VALUES AND MAKING YOUR GOALS SMART AND CHALLENGING, YOU'LL BE ON YOUR WAY TO ACCOMPLISHING AND CREATING THE LIFE YOU DESIRE. LEAVE COMMENTS AND LET ME KNOW SOME OF THE PLANS YOU'RE MAKING TO ACHIEVING YOUR BEST SELF NEXT YEAR.