

## Goal Setting

Imagine a ship at sea without a rudder. It just goes and goes with no direction. Where will you be in 5 years? Do you have a plan to get there? Many people go through life with no direction. Guaranteed to reach their destination: nowhere. We tend to reach our goals. The problem is that many of us don't have meaningful goals. Goal setting can be used to give you life purpose and direction.

The first step is to select a goal. Allow yourself to dream. Seek a balance between restriction and fantasy. A goal that pushes your limits in a realistic but challenging way is very sweet when accomplished. Pick a goal that excites you: one that will be worth the effort. Once you have selected a goal, write it down so that it conforms to the SMART specifications listed below.

### Specific

The goal is specific. For example, rather than a statement like "I will lose weight," one would choose "I will lose 20kgs."

### Measurable

A measurable goal allows us to know our performance. A goal like "I will be happy" is vague because it cannot be accurately measured. State your goal in terms that describe or imply how the goal can be measured. In the case of the goal to "be happy," one would first identify things that would likely make them happy and then restate the goal in terms of those things. For example, if I decided that exercising two times per week would make me happy then my goal would be to exercise two times per week.

### Action oriented

Your goal should be stated in terms of the process that will yield the desired outcome. A goal to "get better grades" is not action oriented. The goal is better stated in process terms: "I will get better grades by studying for two hours every night."

### Realistic

Well-designed goals are challenging yet achievable. Consistently failing to achieve overly aggressive or unachievable goals can destroy confidence. On the other hand, consistently achieving challenging goals can do wonders to build confidence. Be challenging yet conservative selecting your goal.

### Timed

Set specific time frames for achieving your goal. You may organize your mission into a series of sub-goals, each with an individual goal statement and plan.

## GOAL-SETTING WORKSHEET

**Long-term Goal:**

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**Specific** short term goal:

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How is this goal **Measured**?

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What **Action** is performed?

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Is this goal **Realistic**?

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How much **Time** are you allowing for accomplishment of this goal?

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What barriers might I encounter, and what can I do to manage them?

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Contact details of people who can help me?

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Commitment

I \_\_\_\_\_ pledge my commitment to achieving this goal with all of the power and dedication I have. There is absolutely no doubt in my mind that I will achieve it.

Signed: \_\_\_\_\_