


Goal Setting for...



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Who Feels?

- Stressed
- Irritable
- Sluggish
- Not sleeping well
- Have no time
- Have no energy
- Caught up in today's hectic lifestyle
- Steering your self towards a serious illness



If you raised your hand more than 3 times, your life is probably out of balance or heading towards being out of balance.

We are going to talk about ways to start getting the balance back in your life.

What are we going to talk about today?

- Importance of goal setting
- Establishing priorities
- Create goals that work for you
- Set appropriate goals and make a plan
- Overcoming barriers and side stepping obligations
- Problem Solving

What Can you accomplish by setting Goals?

Anything You Want!



Why set goals?

A. Get more done

B. Builds self-efficacy

- Self-efficacy: the belief that you can produce an effect or change.
- Positive self-efficacy allows you to develop a positive attitude towards meeting goals.

C. Builds self-confidence

- Nothing succeeds like success!

Research shows that people who actually sit down and write out goals not only end up achieving them, but have higher incomes and ratings for overall success and life satisfaction.

(Read the research on the handout & why people don't set goals)

Before you can set your goals you need to prioritize ruthlessly...

You will always find time for Your High Priorities.

Lack of Time = Lack of Priorities

- **Let's figure out what really matters to you in life:**
 - Getting your priorities clear is the first and most essential step towards achieving a well-balanced life.
 - The most important thing is to figure out what you

WANT YOUR PRIORITIES TO BE,
not what you THINK THEY SHOULD BE.

Priorities cont.

What if you were suddenly diagnosed a deadly disease and only had X months to live, what would you want the next few months/years to look like?

Priorities cont.

Think about the following series of questions:

- If my life could focus on only one thing, what would that be?

- If I could add a second thing, what would that be?
 - A third?
 - A fourth?
 - A fifth?

Let's Do Exercise # 1

Priorities cont.

Now, what if you knew you were going to live to be 100 years old?

How would you live your life differently today so that you do not get there crippled, broke, and alone?

Let's Do Exercise # 2

Has any of your Priorities changed ?

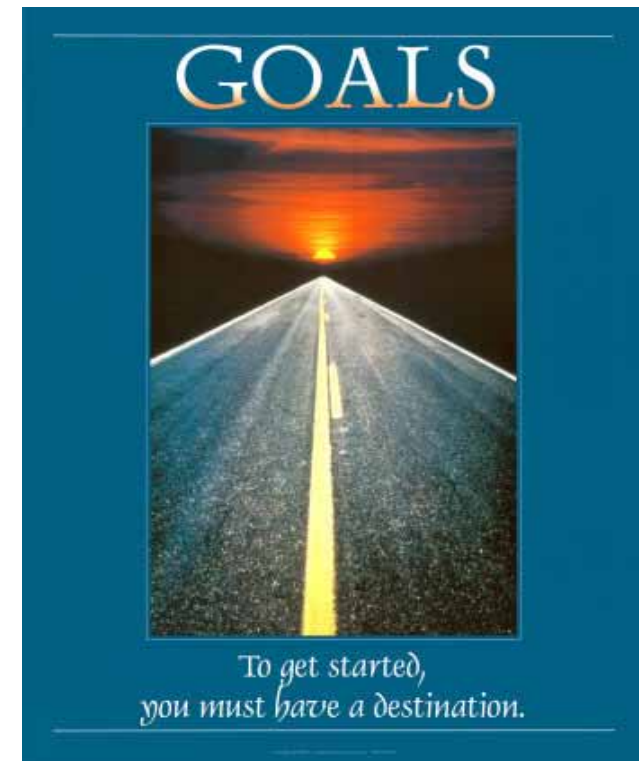
Does anyone have any goals now?

If yes, let's hear some of them.

What does a good goal look like...

To increase the likelihood of achieving your goals they need to be

SMART



S.M.A.R.T. Goals

- **S – Specific**
 - Don't leave any minor details out of the goal. Be as detailed as possible.
- **M – Measurable**
 - Make sure you can measure the goal. This allows you to know whether or not you achieved your goal.

SMART Goals cont...

- **A – Attainable**
 - Do you have what it takes to achieve this goal?
- **R – Realistic**
 - Is this something that makes sense for your current and near future situation in life?
- **T – Timely or Timed**
 - Set a date and a length of time to achieve your goal.

Successful goal setting consist of...

1. Long-term goals
2. Short-term goals
3. Intermediate goals

1. Long – Term goals

- At least 6 months long and can even take as long as a few years to achieve
- You want this goal to be ambitious
 - But also realistic for where you see yourself currently and in the future
- Make sure it is a SMART goal

Let's set a Long – Term Goal

- Make it ambitious

THINK BIG



Let's Do Exercise # 3

Who wants to share their L-T-G?

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



Whatever goal you choose you
need to be aware there will be
Benefits...

But there will also be some
Sacrifices.

Let's Do Exercise # 4





2. Short – Term Goals

Most important steps in reaching your long term goals.

- Short – terms goals are the action steps that lead you to your long – term goal.
- This is really where the “rubber hits the road”

S-T-G must be:

- Flexible
- Behavioral-action oriented
- SMART
- You should have 2 to 4 S-T-Gs



Short-Term Goals (they are action steps)

- These goals should only take
1 – 4 weeks to accomplish.
- Each short – term goal should just be one level above what you are currently doing.
- Short term goals should be focused on behaviors.
- Starting by adding a good behavior is easier than removing a bad one.
- Make sure each goal fits your personality.

Let's Do Exercise # 5

3. Intermediate – Term Goals

- Not an essential step but may be useful when the long term goal is either very large or distant in the future.
- At least one month long and can even take as long as 6 months.
- When making an intermediate goal keep the long-term goal in mind.

Overcoming Barriers and Obligations

- Take a look at the goals you have developed, what are some barriers that might get in the way?
- What are your current obligations?

Let's Do Exercise # 6

Only list them for now



Problem solving: 5 simple steps


1. Describe the problem in detail.
 - Be specific about the components.
 - What are the actions leading to the problem.
2. Brainstorm different solutions.
 - Quantity and creativity are important.
3. Pick only one solution.
4. Make an action plan.
5. Test the plan with Trial and Error.
 - If it doesn't work try another solution or tweak it.

Problem solve Exercise # 6

Maintaining Motivation

- Tell friends and family your goals and plan of action.
- Make a contract with yourself.
- Keep a journal to track your goals and progress.
- Hang up a picture of your goal so you can have a visual reminder.
- Become a mentor.





As you go through each day of your life
think about what you are doing and
not doing and ask yourself:

**Is this action or behavior leading
me towards my goals or away
from my goals?**

All men dream: but not equally. Those who dream by night in the dusty recesses of their minds wake in the day to find that it was vanity: but the dreamers of the day are dangerous men, for they may act their dream with open eyes, to make it possible. ~T.E. Lawrence, *Seven Pillars of Wisdom*, 1926

