

Goal Setting

Top reasons to set goals

1. Goals are the road map to your future.
2. Clear and focused direction giving a sense of security and purpose.
3. It's been shown the action of writing goals increases the likely hood of achieving those goals 10 fold.
4. Keeps you focused on what is important in your life.
5. Reduces the likely hood of getting distracted and not moving towards what is important.
6. Keeps your enthusiasm high.
7. Can reduce the energy you spend on things that are not important.
8. Can lead to boosted self-esteem, confidence and belief in your ability to make things happen and feel in control.

Remember ... One of the greatest stresses in life is that which comes from feeling out of control and powerless.

Goals are the road map to your future with out them you will be driving aimlessly. The clearer and more defined your goals are the more secure you will feel during your journey. To wander through life without any clear motives or purpose is like going to the grocery store with out an idea of what you want to eat. You may end up with a cart full of random foods that may or may not make a great meal (or a good life).

It has been shown that a goal is 10 times more likely to happen when it is written down, so write your goals down and review them consistently. Keep your goals fresh and change them at least 2 times a year. If it looks like you're not going to make a goal, change it so that you will make it. There are no failures, only learning experiences. Be sure to have a great play or reward goal so you will have something to be excited about. The areas of your life that you should goal set are:

Relationship	Spiritual	Play or fun	Personal	Family
Mental	Health	Financial	Professional	Humanitarian

With goals it is important to also have action steps to help you obtain your goal; otherwise it is just a dream. So review your goals and make sure to list at least one action step to obtain the goal you set, although it probably should be 3 or more clear action steps and it may be over the next few years. Here is an example.

Health Goals: I will lose 45 pounds, have more energy, be a better role model for my children and be able to be active and play with them. By January 1st, 2010 I will have lost 25 lbs which will be 2.5 lbs a month. Then I will lose 20 lbs by January 1st 2011, this will be 1.6 lbs a month. The first year in 2010, I will start exercising immediately 3 times a week for 30 minutes at a time to Hip hop the weight off exercise video, I will join weight watchers in March, and I will start eating playing outside or inside with my kids at least an hour a week starting this Sunday after church and for now on. In 2011, I will start to exercise 45 minutes a day 4 times a week with 2 of those sessions to be done with the video Tae bo, and the other two times in Tae kwon doe class, I will start doing local 5K races (even if I have to walk) and my first race will be the Angels house 5K in February 12, 2011, and I will go on a big hiking trip with my family down the Appalachian trail in September 21-26, 2011. In 2010 I will hire the a personal trainer and work with them 3 times a week an hour at a time to enhance my fitness and be able to start racing adventure races, my first adventure race will be in etc....

Before you begin here are some key points:

- 1) What are your top values/priorities in life?
Objectively evaluate your current lifestyle and ask how is the life you are living helping or hurting these values/priorities? Use the “fundamentals to creating your ideal life” and the “wellness quotient test” to help with determining your current values and determining your future values/priorities. They can both be found on our website under lectures. Fill out the wellness quotient test first, if you haven’t, then the fundamentals worksheet.
- 2) After much thought, what is your purpose in life? (see purpose statement musts on website)
- 3) Now write clear definable goals for each area of your life. See list of areas above. If goal has a ***measurable or desired outcome***, list the outcomes as well. Always ask yourself before making any decision: does this goal, action, or object fulfill my purpose and priorities? If the answer is no, then why set that goal? Also assess the time requirement it may take to full fill a goal and ask your self “Is the accomplishment of this goal detrimental to more important priorities in my life?”
- 4) Create step by step detailed action steps to create the desired outcome.
- 5) Pick from all your goals the first 3 you want to improve and review those daily. The other goals can be reviewed weekly, monthly, or quarterly. Make sure they are reviewed periodically.
- 6) Schedule at least 4 times a year to review your goals and make changes if needed.
- 7) Don’t get discouraged it is far better to have a plan than to give up. You may not be hitting all of your goals, but what is important is the fact you are making an attempt. The difference from a good life to a great life is the ability to keep trying to improve your self on all levels. When we stop growing we start dying.

***The biggest tragedy in life is not death but how much people die during their life.
So dream big and start creating your best life possible.***