

GREAT GOALS are to INSPIRE YOU

1. Outcome focused. Once your WHY is understood (AND it's a good & enthusiastic WHY) you're 90% there!
2. In line with your values. The more a goal aligns with your inner or core values - the EASIER it will be to achieve. Note: You can achieve goals that don't align with your values but it's usually harder to achieve and less satisfying.
3. Stated in the present tense. i.e. "I am so happy and grateful now that I have released 15 pounds" rather than "I want to lose 15 pounds".

The SMART Technique:

S pecific (you will know exactly what you want to achieve)

M easurable (you will know when you have achieved it)

A ttainable (you can Take Action Steps Now towards it)

R isk and Realistic (it IS achievable)

T imeline (on or before a specific date)

Focusing on the Outcome:

4. What is it that you REALLY want here? **Is this goal worthy of you?**
5. What is the SPECIFIC OUTCOME that you are looking for?
6. What is the PAIN for you of NOT achieving your goal?

Aligning with your Core Values:

7. Is this goal in line with your life vision / overall life-plan?
If you don't know, what's your gut-feeling?
8. Is this goal in line with your values? Ask yourself what's REALLY important to you in life - Will this goal help you achieve more of that?
9. Are the goals something YOU truly want, or are they something you think you SHOULD have or SHOULD be doing? If it's a SHOULD, it maybe someone else's dream like a spouse, parent, child?
10. When you think about your goal does it give you a sense of deep contentment or 'rightness', happiness and / or excitement? These are good signs that it's a great goal for you.
11. If you could have the goal RIGHT NOW - would you take it? Identifies potential issues.
12. How does this goal fit into your life purpose and dreams?

Identifying Obstacles:

13. Can YOU start & achieve this goal? Do you have complete control over attaining it?
14. How will making this change affect other aspects of your life?
15. WHAT might you have to give up/stop doing to achieve this goal? Essentially, what's the price of making this change - and are you willing to pay it?
16. If there was something important around achieving this goal (to help you succeed, or that could get in the way) that you haven't identified yet, what would it be?
17. WHO WILL YOU HAVE TO BE to achieve this goal?

Resources:

18. What RESOURCES do you already have to help you achieve your goal? (things, people, contacts, personal qualities, skills, info, finance etc.) Create a list!
19. What RESOURCES do you NEED to help you achieve your goal? Create a list to trigger more creative ideas.

"We cannot solve our problems with the same thinking we used when we created them."

- Albert Einstein

