

10 Tips on How to do Great Goal Setting

People who reach high levels of achievement have been shown to have very clearly set their own goals at a fairly early age. There are some specific keys to setting goals, which are almost irresistible for the individual setting them.

- 1) State your goal in the positive. What specifically do you want to achieve?
- 2) Be specific, in detail, about your current situation. Where are you now in relation to your goal?
- 3) Set the context of your goal. Where, when and with whom do you want it?
- 4) What is your evidence for having reached your goal? How will you know when you have got what you want? What will you be seeing, hearing and feeling?
- 5) Make sure your goal is initiated by you. In other words check that you do not have to rely on anyone else, or expect anyone else to change, in order for you to achieve what you want!
- 6) Check your goal is worthwhile. Does your goal represent who you are and who you want to be?
- 7) Is it in keeping with the environment in which you live and operate? What will happen if you get it? What won't happen if you get it? What will happen if you don't get it? What won't happen if you don't get it?
- 8) What resources do you need - physical, emotional, financial and people resources?
- 9) What is the first step you have to make now, to achieve your goal?
- 10) Remember to check through your goal to make sure it's SMART. Specific and simple. Measurable and meaningful to you. Achievable in all areas of your life. Realistic and responsible. Timed and towards what you want.

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