

## Ready-Set-Goal

### 1. Identify the goal:

The best goals are SMART goals

Specific, Measurable, Achievable, Realistic but Risky and Timebound

Are they internal goals – "to be" or external goals – "to have/to do"?

The best goals are ones you have control over – you can't make someone else offer you a job but you can make yourself the sort of person they would want to hire!



### 2. Relate the goal to one of your values:

Values are the things you would still care about, even when every need for physical comfort or monetary desire was totally and completely met. For example, you might *want* more money but the reason could be because you *value* the security that it brings, or the freedom, or the choices. When we are engaged in activities that arise from our values we usually experience a great feeling of alignment or integrity... this is where we are meant to be.

Relating the goal to one of your values enhances the sense of emotional commitment to the goal.

### 3. Tell 5 people about your goal:

Choose these people wisely – pick people who will support you rather than knock you down.

### 4. Identify the resources needed:

Finance, training, advice, equipment...

### 5. Identify some time savers:

Given that we're doing this before we start on the venture, what ways can you see that will bring your goal to completion more quickly?

### 6. What are the predictable obstacles?:

Identifying these won't necessarily prevent them from happening but may allow you to prepare for them. If you predicted it would happen then you'll worry less when it does, you'll be better prepared to handle it and you won't let it stop you!

### 7. Single daily action:

What single thing can you commit to doing each day that will keep you moving towards your goal?

### 8. Support structure:

Who and what can you call upon to support you in this venture?

### 9. Reward!:

Don't leave all the fun until the end. Make the journey towards your goal a pleasure too. How are you going to set up a reward system that will keep you moving towards your goal – a reward for achieving specific milestones or a regular weekly reward for sticking at it...?

### 10. What next?:

Don't get too carried away by setting yet more goals but, is there a step that you can see beyond your current goal?