

GOAL SETTING



What is a goal?

Something what is out of your comfort zone that you would like to achieve or work towards

Why do we set goals?

- They get us moving and motivated
- They keep us in the right directions and remind us of what we want to achieve
- They help us to build mastery and acquire skills step by step
- Achieving goals make us feel great and confident
- The journey towards our goal brings lots of unexpected learnings and experience

Why it's useful to be SMART when setting goals

1. My goal is
2. I want to achieve this because
3. What are the 3 things which will be better / possible once I achieve my goal?



4. Where am I on the way towards my goal?

Just got the idea

Goal achieved

1 2 3 4 5 6 7 8 9 10

5. What are the next 2 steps I'm going to take?

6. What are the 2 things or people who can help me to achieve this goal?

7. What might get in the way of me achieving the goal?

8. I want to conquer this goal

by.....(date)