



Goal Setting

Unlock the power of goal-setting!

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What are goals?

Definition:

Goal setting is widely accepted as the most effective way of focusing our attention on the right activities, energizing us, and increasing our commitment (Sheard, 2013).

Goal-Setting Is:

PURPOSEFUL

EXPLICIT

SCIENTIFIC



Goal-Setting

- provides clarity
- sets our focus and attention
- gives us a path to follow
- keeps us focused on the finish line

Benefits of Goal-Setting:

- long term vision
- short-term motivation
- focuses attention
- encourages time management
- keeps us accountable
- highlights success

The Goal-Setting Process

1

Know what you want to achieve - life goals

Create a path to success

6

2

Break down into SMART goals

Commit to someone else

7

3

Consciously commit

Take action

8

4

Write them down

Set accountability checks

9

5

Set a timeline

Celebrate success

10

By the numbers...

- Writing down your goals - 50%
- Speaking your goal out loud - 10%
- Making a conscious decision to pursue your goal - 25%
- Adding a deadline - 40%
- Make a plan - 50%
- Committing to someone else - 65%
- Accountability checks - 95%



Goal Achievement Keys

- Get clear on your WHY
- Create big picture "life goals" first
- Break down big goals into smaller "step goals"
- Create a to-do list of actionable SMART goals

Tips + Hacks

- Goals should be stated positively
- Prioritize your goals
- Understand our brain
- Goals should be performance based!
- Repeating a goal makes it stick
- Give yourself a break
- Roadblocks ≠ failure
- Tradeoffs are sometimes necessary
- Be willing to fail

Analyze your goals

Question 1: What's something you can do TODAY to work towards your goals? Think about your goal timeline, how can it be improved?

Analyze your goals

Question 2: Use the SMART framework to break up your lifetime goals into steps and an actionable to-do list!

Analyze your goals

Question 3: Notice where your motivation is at. Think about where your motivation was before this course and after. Use this to your advantage and take note of growth!

Goal Planner

My Goal:

My Strategy:

My Action Plan:

- _____
- _____
- _____
- _____
- _____
- _____
- _____

Other Notes





Thank You!

We hope you found this workbook on goal-setting useful. We'd love to hear how we helped! Tell us about your experience or how you've improved your goal-setting skills via the contact details below.

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