



Personal Responsibility

Take responsibility and achieve your goals

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What is goal-setting?

Definition:

Goal-setting charts a course for your success! It can provide clarity, set your focus and attention, give you a path to follow, and keep you focused on the finish line.

The goal-setting process



Set life goals



Step goals



Commit



Write them down



Set a timeline



Create plan



Commit to another



Take action



Regular check-ins



Identify success



Celebrate success

The power of reflection

Stop and reflect on why or what created a roadblock. Use your knowledge, experience, motivation, and ingenuity to identify alternate paths to goal success

The importance of self-efficacy

Self-efficacy is having the confidence - usually developed by acquiring knowledge, skills, or experience - that we can not just do the things necessary to achieve success, but also to overcome challenges along the way.

Locke and Latham's Goal-Setting Principles



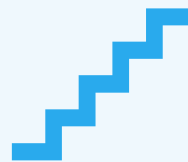
Belief



Overcoming
Challenges



Effort



Resilience



Motivation



Evaluation
of Success

Goals and Personal Responsibility

Question 1: Reflect on what your beliefs are and decide whether or not those goals you've set reflect those beliefs.

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Question 2: Think about any challenges you've encountered while working towards your goals. How did you handle them? How can you improve?

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Question 3: How do you evaluate your success? Is there emphasis on the destination? Or do you find success in each step of your journey? Be honest about your answers and think about why.



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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