



# Set Goals for Success

Set goals for your well-being and drive success!

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# Goal-Setting for **SANITY + SUCCESS**

How you set goals can impact your well-being. The benefits of goal setting include changes in your behavior, better job performance, and increased energy. Learning how to set goals strategically drives success!

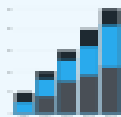
# Goal-Setting and Performance

Goals help motivate us to develop strategies that enable us to perform at the required goal level. The simplest explanation on why some people perform better is because they have different performance goals. Locke and Latham found that the more difficult a goal, the higher the performance.

# How Goals Motivate Us



Individuals +  
Groups



Goals +  
performance



Specific/  
Challenging



Commitment/  
Acceptance



Self-  
efficacy



Effectiveness



Higher  
performance

# SMART-ER Goals

S – SPECIFIC

M – MEASURABLE

A – AMBITIOUS

R – RELEVANT

T – TIME-BOUND

E – EMOTIONAL

R – REWARDING

# SMART Goals "Lite"

- Clarity – be clear on what success looks like
- Priority – understand why this goal is important
- Accountability – track your performance

# Tracking your goals leads to SUCCESS

- The mere-measurement effect
- Focus and attention
- Accountability
- Motivation
- Roadblock/stall identification
- Success is highlighted

# Reminder: 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



# Goals and Well-Being

Question 1: Evaluate your goals in relation to your well-being. Have you set a goal that's too ambitious or not ambitious enough?

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# Goals and Well-Being

Question 2: Write your goal down in the SMARTER framework. How does looking at your goal in this way impact your well-being and motivation?

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# Goals and Well-Being

Question 3: How do you think your goal affects your performance on your goal? Do you think if it was more challenging you would put more effort in?

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# Goal Planner

**My Goal:**

**My Strategy:**

**My Action Plan:**

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

**Other Notes**





# Thank You!

We hope you found this workbook on goal-setting for success 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.

[@4WRDGOALS](#)

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