

Setting Goals

Looking forward in life and realising that you are the creator of your own life is a very powerful inner state to be in. We all have dreams and if we do not convert these dreams into goals and the goals into reality then they will always just be dreams. Goal setting can be quite daunting and yet we are goal oriented by nature. Setting goals is easy if you have a systematic approach. I use the following steps:

1. Specific – is your goal specific enough and clear to you. A goal that is unclear would be 'I want to lose weight'. A specific goal would be "I want to lose 10kg's by the 31st January 2011"
2. Measurable – Can your goal be measured? If I stand on a scale on the 31st January 2011 will I be able to determine that I have lost 10kg's – Yes. Then my goal is measurable
3. Achievable – only you will know if your goal is achievable. "I want to win the Comrades marathon in 2011" may be a stretch if you are a full time employee who averages 5min / km. "I want to run a sub-9hour comrades marathon" sounds like an achievable goal
4. Resonant – does your goal resonate with you? If you think about the goal and find yourself saying "Do I really have to train, or stop eating chocolate cake" then chances are the goal does not resonate with you. If you find you get excited about your goal and it gives you inspiration and motivation to move forward and embrace the change then it does resonate
5. Thrilling – does your goal excite you? Does it make you want to get out of bed and do it. The more thrilling it is, the more enthusiasm you will throw behind it and the better chance you have of success

This will turn your goals into reality and see you creating the life you want for yourself.



Copyright PeopleActiv 2010
Stephen Light
stephen@peopleactiv.com
+27825649024