

CLBZ
IC
Kingz



GOALS

Key Points:

-Deciding what you want to achieve in your life.

(Separating what's important from what's irrelevant, or a distraction)

-Motivating yourself.

(Building your self-confidence, based on successful achievement of goals.)

First consider what you want to achieve, and then commit to it. Set **SMART** (specific, measureable, attainable, relevant and time-bound) goals that motivate you and write them down to make them feel tangible. Then plan the steps you must take to realize your goal, and cross off each one as you work through them.

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality.

The process of setting goals helps you choose where you want to go in life. By knowing precisely what you want to achieve, you know where you have to concentrate your efforts. You'll also quickly spot the distractions that can, so easily, lead you astray.

Top-level athletes, successful business people and achievers in all fields all set goals. Setting goals gives you long-term vision and short-term motivation . It focuses your acquisition of knowledge, and helps you to organize your time and your resources so that you can make the most of your life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless grind. You will also raise your self-confidence , as you recognize your own ability and competence in achieving the goals that you've set.

- **Step 1: Setting Lifetime Goals**

The first step in setting personal goals is to consider what you want to achieve in your lifetime (or at least, by a significant and distant age in the future). Setting lifetime goals gives you the overall perspective that shapes all other aspects of your decision making.

- Career – What level do you want to reach in your career, or what do you want to achieve?
- Financial – How much do you want to earn, by what stage? How is this related to your career goals?

- Education – Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- Family – Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- Artistic – Do you want to achieve any artistic goals?
- Attitude – Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behavior or find a solution to the problem.)
- Physical – Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- Pleasure – How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
- Public Service – Do you want to make the world a better place? If so, how?
- Spend some time brainstorming these things, and then select one or more goals in each category that best reflect what you want to do. Then consider trimming again so that you have a small number of really significant goals that you can focus on.

As you do this, make sure that the goals that you have set are ones that **YOU** genuinely want to achieve, not ones that your parents, family, or employers might want.

- **Step 2: Setting Smaller Goals**

Once you have set your lifetime goals, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan.

Then create a one-year plan, six-month plan, and a one-month plan of progressively smaller goals that you should reach to achieve your lifetime goals. Each of these should be based on the previous plan.

Then create a daily To-Do List of things that you should do today to work towards your lifetime goals.

At an early stage, your smaller goals might be to read books and gather information on the achievement of your higher level goals. This will help you to improve the quality and realism of your goal setting.

Finally, review your plans, and make sure that they fit the way in which you want to live your life.

- **SMART Goals**

A useful way of making goals more powerful is to use the SMART mnemonic. While there are plenty of variants (some of which we've included in parenthesis), SMART usually stands for:

S – Specific (or Significant).

M – Measurable (or Meaningful).

A – Attainable (or Action-Oriented).

R – Relevant (or Rewarding).

T – Time-bound (or Trackable).

- **Achieving Goals**

When you've achieved a goal, take the time to enjoy the satisfaction of having done so. Absorb the implications of the goal achievement, and observe the progress that you've made towards other goals.

If the goal was a significant one, reward yourself appropriately. All of this helps you build the self-confidence you deserve.

With the experience of having achieved this goal, review the rest of your goal plans:

- If you achieved the goal too easily, make your next goal harder.
- If the goal took a dispiriting length of time to achieve, make the next goal a little -easier.
- If you learned something that would lead you to change other goals, do so.
- If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this.

Set your lifetime goals first. Then, set a five-year plan of smaller goals that you need to complete if you are to reach your lifetime plan. Keep the process going by regularly reviewing and updating your goals. And remember to take time to enjoy the satisfaction of achieving your goals when you do so.

Name: _____

Date: _____

How old are you TODAY: _____

What are your goals at age sixteen? (List 3 in complete sentence format)

-at age eighteen?

-at age twenty five?

-at age thirty?

-at age fifty?

-at age sixty-five?

(Remember: Ephesians 3:20- “God can do anything, you know—far more than you could ever imagine or guess or request in your wildest dreams!”)