

# Identify your drivers & obstacles

## NAIL that Goal!



Your Name \_\_\_\_\_

Write the Goal you want to work with here \_\_\_\_\_

Make sure your goal is SMART. See next page for a quick reminder of what a SMART goal is.

\_\_\_\_\_ by \_\_\_\_\_

### MOTIVATION

WHY I want this goal. What are the 'outcome/s' I'm looking for?

List ALL the Benefits here of achieving your goal

The BIGGEST Benefit of achieving my goal is

What is the PAIN of not achieving this goal?

Achieving this Goal will ALSO help me in these other areas

### OBSTACLES (also known as your 'secondary gain')

I need to be aware that the BENEFIT to me of NOT completing my goals is

*Note: It's ESSENTIAL that you have some answers in this box*

Other obstacles to my success include

### SET GOAL LEVELS eg. your goal achievement level or measure could vary on time, quantity, quality

MINIMUM

TARGET

EXTRAORDINARY

### HOW WILL YOU NEED TO BE DIFFERENT? (worthwhile goals often require us to look at/do things differently)

In order to achieve this goal I will START doing

In order to achieve this goal I will STOP doing

In order to achieve this goal I need to BE someone who is

### RESOURCES TO CONSIDER eg. things, people, personal qualities, information, knowledge, skills, finance etc.

Resources already available

Resources I will need

### TAKE ACTION (make these actions EASILY achievable so you get moving and feel good about moving forward)

3 steps I will complete in the next WEEK that move me closer to my goals

1.  
2.  
3.

3 steps I can complete in the next MONTH that move me closer to my goals

1.  
2.  
3.

by  
by  
by

### SMART GOALS are:

1) **Stated in the POSITIVE.** We tend to get what we focus on, so whenever we say "I want to stop biting my fingernails" our brain has to *first* build a picture of what we DON'T want—bitten fingernails—in order *not* to do it. Try NOT thinking of an alligator biting your toe...

EXAMPLES of goals stated in the positive:

- *I have healthy fingernails* (rather than *I want to stop biting my nails*).
- *I weigh 150lbs* (rather than *I want to lose 20lbs*),

### 2) Use the Acronym "SMART"

- **Specific.** The more specific you are the easier your goal is to achieve.
- **Measurable.** Include a measure so you know when you've achieved it, and can track progress.
- **Actionable.** This ensures you have direct control over the actions needed to achieve the goal. Is this goal within your control? For example: *Winning the lottery* is not 'actionable'.
- **Realistic.** Goals need to be both challenging to inspire you AND realistic so you set yourself up for success.
- **Time-Bound.** Your goal has a deadline you are aiming toward.

FOR MAXIMUM  
SUCCESS, ENVISION  
YOUR GOAL as fully as  
you can.

Describe a day in your  
life once this goal is  
completed.

Imagine first waking up,  
describe how you feel. Now  
think about what you see and  
hear and physically feel. Fully  
describe your day now this  
goal is completed. Who are  
you? Where are you? What's  
important to you now? Who is  
around you?

**FINALLY, remember that goals are there to INSPIRE you, not to beat yourself up with!**