



How Do You Determine Your Goals?! (8-4)

Deciding What Your Goals Are

Determining what your goals are and where to establish them can be particularly challenging. Below you will see some suggested areas that are used to set goals.

Your Lifetime Goals

The first step in setting personal goals is to consider what you want to achieve in your lifetime. Setting Lifetime goals gives you the overall perspective that shapes all other aspects of your decision making.

To give a broad coverage of all-important areas in your life, try to set goals in all the following categories:

Artistic

Do you want to achieve any artistic goals? What kind?

Attitude

Is any part of your mind-set holding you back? Is there any part of the way that you behave that upsets you? If so, set goals to improve or cure the problem, even if the goal is only to get help.

Education

Is there any knowledge you want to acquire in particular? What information and skills will you need 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?

Financial

How much do you want to earn by what stage?

Physical

Are there any athletic goals 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 by your existence? How will you do this?

Social

Do you have any social ambitions?

Spiritual

Do you have goals specific to your faith and belief?

Once you have decided the areas you wish to establish your goals apply the principles you learned in; “How to set goals effectively (Training 8-3)” and watch them come true.

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