



Why Set Goals? (8-2)

The WHY Behind Setting Goals!

Goal setting is an immensely powerful technique that can yield strong returns in all areas of your life.

At its simplest level, the process of setting goals and targets allows you to choose where you want to go in life. By knowing precisely what you want to achieve, you know what you must concentrate on and improve upon, and what distracts you.

Goal setting gives you long-term vision and short-term motivation. It focuses on your acquisition of knowledge and helps you to organize your resources.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals. You can see forward progress in what might previously have seemed a long pointless grind.

By Setting Goals You Can:

- Achieve more.
- Improve performance.
- Increase your motivation to achieve.
- Increase your pride and satisfaction in your achievements.
- Improve your self-confidence.
- Plan to eliminate attitudes that hold you back and cause unhappiness.
- Influence others to do the same.

People Who Use Goal Setting Effectively:

- Suffer less from stress and anxiety.
- Concentrate better.
- Show more self-confidence.
- Perform better.
- Are happier and more satisfied.

More Confidence

Goal setting helps self-confidence by setting goals, and measuring their achievement, you can see what you have done and of what you are capable. The process of achieving goals and seeing their achievement gives you the confidence and self-belief that you need so that you will be



able to achieve higher and more difficult goals.

What is Your Why Behind Your Goals?

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