

GOAL-SETTING STYLES, DEFINED

What's your goal-setting style?

Have you set goals in the past and been crushed when they haven't quite worked out? Have you been daunted by the prospect of goals because you don't want to be trapped? Have you set goals that you thought you wanted, but found that achieving them felt unfulfilling?

Now that you have identified your goal-setting style, you can learn about how each style best thinks about goals.



Wind

Wind-style goal-setters are passionate, emotion-driven, and focused on the journey, not the destination. People love your free spirit!

Sometimes you're tempted to skip writing goals because you'd rather enjoy the discovery. It's hard to want to be tied to a specific outcome!

Think about why you want to achieve your goals. Who is important to you? What are you really passionate about, and how will these things be met by your goals?



Water

Water-style goal-setters are persistent and great at finding the paths to achieve things, even when it's hard to see the exact right course. You're a problem-solver, and people love your "where there's a will, there's a way" attitude.

Sometimes you might not want to write goals because they feel like a trap - like somehow once you write down your goals, you'll be restricted from checking out new opportunities that come up.

Focus on what you want in terms of quality-of-life. What does success mean to you, and how can your goals get you there? And always remember that your goals can (and should!) change over time. You're never the prisoner of your goals!

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Earth

Earth-style goal-setters are great at setting up a plan, and sticking with it. You set dependable, realistic goals, and then get to work on executing them. People love how reliable you are.

Sometimes, though, your plans end up too rigid and it's hard for you to change direction once you set off on the path toward what you want. If things change, you're likely to get derailed. You also may not challenge yourself as much as you could. And it's ok if that works for you!

I don't have to encourage *you* to be realistic, earth-style! When you're filling out your goals, make sure they seem manageable and like something you'd enjoy working to achieve.



Fire

Fire-style goal setters are a blaze of enthusiasm and activity! You're highly motivated and always ready to shoot for the stars. People love your drive!

With this, comes the challenge of maintaining that enthusiasm. It's hard to keep your fire going forever! And when you set highly ambitious goals, you get really discouraged when things don't work out.

Go for it, fire-style! Your motivation and energy is part of makes you special, and your tendency to aim for the stars is great! Make those super-ambitious goals, but also remember it's ok to change your priorities.