

YOUR GOAL-SETTING STYLE

If the style fits...

Goals aren't a one-size-fits all thing - your own goals and the goals of the person sitting next to you are likely going to be different - and goal-setting isn't a one-size-fits-all thing either! Some people work best envisioning things they'll get and places they'll go, and some people work best envisioning how they'll feel, or what daily practices they'll engage in.

Below are many traits of different goal-setting styles. In the box on the right, score how much you agree with the statement, on a scale of 1 - 10. At the end, you'll tally your score and find your goal-setting style (or combination of goal-setting styles!).

It's the journey, not the destination. I focus on enjoying each day as it happens.	<input type="text"/>			
I tend to find a way to make things happen, even if the path is not immediately obvious.		<input type="text"/>		
I have set goals in the past, but they make me feel trapped. What if I change my mind?		<input type="text"/>		
It's easy for me to get fired up about an idea, but not easy to keep my enthusiasm.				<input type="text"/>
Habits are an important part of my life. I like to set myself up for success with dependable habits.			<input type="text"/>	
I worry that I might not feel how I want to feel when I achieve everything I want to achieve.	<input type="text"/>			
When people ask me about my goals, I'm not sure what to say. I feel like there are so many choices!	<input type="text"/>			
When I set a plan, it's hard for me to have the flexibility to change that plan.			<input type="text"/>	

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If I don't achieve what I set out to achieve, I feel very discouraged and burnt out.				<input type="text"/>
I don't like to focus on the future. I'm more interested in evaluating the past.			<input type="text"/>	
Sometimes I challenge myself too much, and get overwhelmed with my own over-commitments.				<input type="text"/>
If someone else wants to do something one way, I'm inclined to go ahead with their way.		<input type="text"/>		
People see me as the go-getter.				<input type="text"/>
People see me as dependable.			<input type="text"/>	
People see me as a free spirit.	<input type="text"/>			
People see me as persistent.		<input type="text"/>		

TOTALS

WIND

WATER

EARTH

FIRE

Please note your scores and we'll use these for the goal-setting exercises next week!