

Reaching Your Goals

Define the problem/desire, set goal, & develop a plan

“A problem well stated is a problem half solved.” - Kettering

Define your Desire/Problem

1. Relax and Reflect. What is it that I want? _____
2. Build motivation. Why do I want it.

Building a Plan

3. What qualities do the people who have achieved my goal possess and which qualities will I need?
4. Are there specific accolades, licenses, or positions I need to obtain to qualify?
5. What current characteristics should I add, delete, or change?
6. Do I have enough time to make those changes?
7. Will I enjoy the process in the short run? Will the long run be worth it?
8. Should I speak with an expert?
9. What steps do I need to take every day to make step 5 happen? (It is best to choose daily goals which you can control. I can control taking 100 shots/day, but I cannot control if I make 80% of them)

“Analyze, Choose, Start, Pursue, Stay Committed, Reflect Throughout, and you can reach your goal.”

Use Goleman's: Self-Awareness, Self-Regulation, Motivation, Empathy, Social Skills

I suggest using a journal or check sheet to keep accountable.

Place goals in a place you see them every day, tell friends and family.

Use Time Wisely