



Ready, Set, GOAL !



The Power of Effective Goal-Setting

Part 2 of a 2-part Online Series

To review:

Developing SMART-ER Goals ~ Let's Look at What's Involved:

Specific (and significant)

Measurable (and meaningful)

Attainable (and agreed or action-oriented)

Relevant (and realistic)

Time-bound (or trackable) ~

Educational

Rewardable 😊

WHY ARE SO MANY GOALS NEVER REACHED?

Why do we struggle with not only setting goals, but also doing what's necessary to achieve them?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Which one (or two!) of the areas you noted above keep you from setting and achieving your goals?

Practical Tips to Help You Set and Achieve Your Goals

- 1) When trying to set a goal, _____ the result you want.
- 2) Understand that goals are not meant to be _____, but they may make you _____.
- 3) As you are setting your goals, be honest and identify _____ that might come up along the way and plan how you will handle them.

- 4) Setting a goal is not an _____; it's a _____.
- 5) *Achieving* a goal is not an _____. It, too, is a _____.
- 6) _____ your goals.
- 7) Keep your goals _____.
- 8) Clearly understand the _____ of reaching your goal.
- 9) Break goals into _____ with an _____ and _____ for each chunk.
- 10) An action plan simply describes _____ will happen, _____ it will happen, and _____ it will happen.
- 11) When developing your action plan/timeline, work _____ from your target end date.

- 12) Make sure _____ are available to attain your goal.

- 13) Your _____ will help determine how much detail to include in your action plan.
- 14) _____ what you're doing.
- 15) Usually, at least some items on your _____ should lead toward your goal.
- 16) Build in _____ so you don't get caught off guard.
- 17) Review _____ to ensure you don't go off-course.
- 18) Be willing to make _____ along the way.
- 19) If you are unable to reach the goal, use it as a _____
 _____.
- 20) _____ others in your goal-setting (and achieving) process.
- 21) Most goals aren't achieved without _____.
- 22) Don't get caught up in the _____; keep your eye on the goal.
- 23) Don't set _____ goals.
- 24) Don't allow _____ to get you off track.
- 25) Make your goals _____ to **you**.
- 26) Realize there may be times when you have to just push through the
 _____.

Which of these tips can help you overcome the obstacles you noted on page 2?

What will I do to make my goal setting more effective? _____
