Goal setting and achievement

PRESENTED BY MARIANNA FORRO

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Introduction

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Fun fact

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Aspects of life

Career / Work

Confidence

Creativity

Eating habits

Education

Family

Finances / money

Fun / recreation / hobby

Health (mental, physical, emotional)

Home environment

Professional skill development

Physical activity

Relationships

Self-care

Self-development

Social life

Spiritual aspect / religious life

Travel

Vision …

Today's Plan

1. Why set goals

2. Goal vs daydream

3. Set your own goal (GROW)

4. What's next

5. Summary

☺

If you have

no goals

- Without focus/direction, you will drift
- If you drift, you are not in control
- If you aren't in control, someone else is
- This limits your choices which …
- leads to stress, anxiety, fear, unhappiness
- Negative thinking can become a habit

goals

- You get what you focus on
- You plan and move ahead
- You take control of your life and can adjust and persist
- You create choices
- You manage stress
- Positive mindset becomes a habit

goal vs daydream

I want to be financially independent - Daydream

I want to have work life balance - Daydream

I want to kill my neighbour's lawnmower - Daydream

SMART + goal attributes

S	**M**	**A**	**R**	**T**
Specific	**Measurable**	**Achievable**	**Relevant**	**Time-bound**
- State what you'll do - Use action words	- Provide a way to evaluate - Use metrics or data targets	- Within your scope - Possible to accomplish, attainable	-Realistic -Recorded	- State when you'll get it done - Be specific on date or timeframe

P = Personal
P = Positive
P = Present tense

✓ Vivid in your imagination
✓ Congruent with your values
✓ Written down

SMART goal examples

- I meet with a direct contact of 4 XYZ companies by January 30 2021.
- I apply for 2 relevant jobs per week between October 1 and November 30 2020.
- I run a marathon by Sep 2021 and finish within 3 hrs, feeling fine, recovering within 2 days.
- I have a physically fit and healthy body with a weight of 80 kg by December 31, 2020.
- I pay off the $5,000 debt within 30 months
- I update my linked in account with relevant information by November 15th 2020.

Goal setting

Today

Future

Goal setting is a problem solving exercise to fill the gap between where you are today and where you want to be in the future.
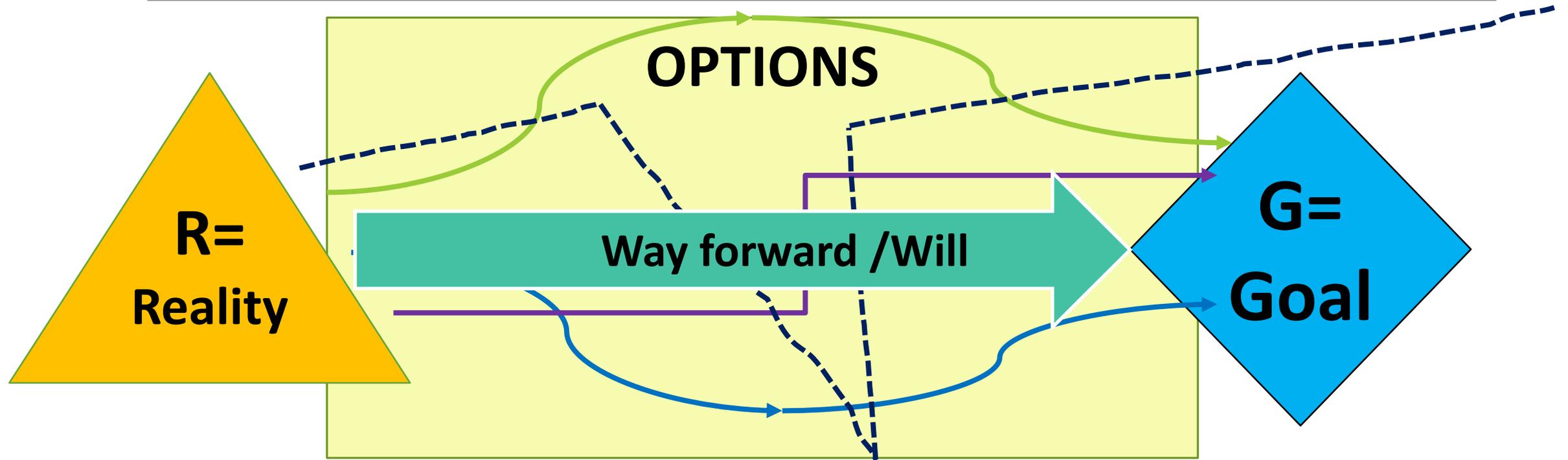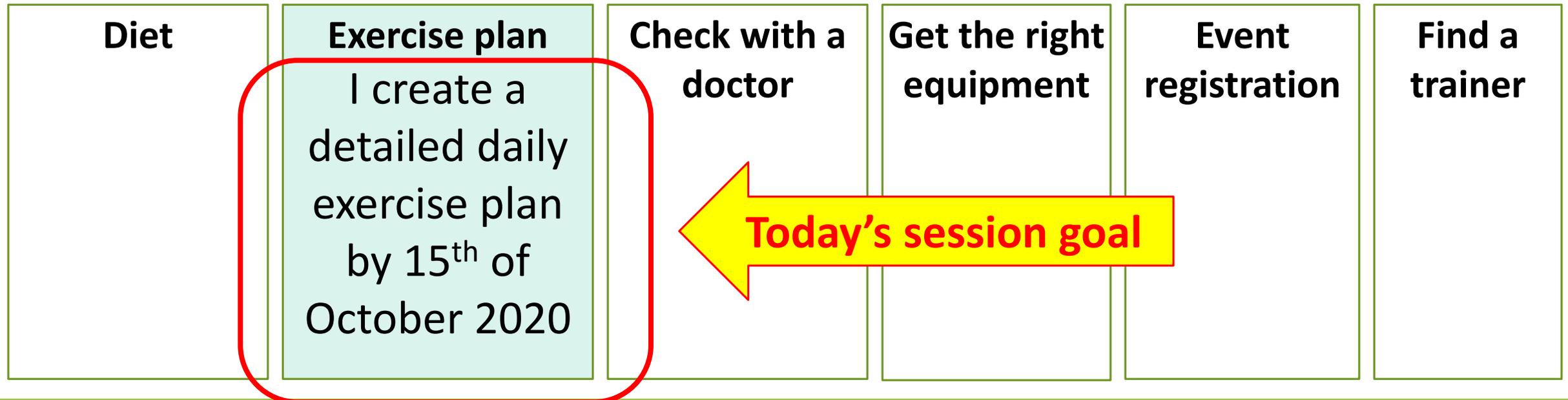
GROW model

OPTIONS

R= Reality

Way forward /Will

G= Goal

Goal setting is a problem solving exercise to fill the gap between where you are today and where you want to be in the future.

Example

Final Goal: To run a marathon by September 2021 and finish within 3 hours, feeling fine and recovering within 2 days.

Component with a SMART session goal:

Diet	Exercise plan	Check with a doctor	Get the right equipment	Event registration	Find a trainer
	I create a detailed daily exercise plan by 15th of October 2020				

Today's session goal

G – Goal

When everything in this area is how you want it to be what will be happening?

What difference will achieving this goal make to your life?

What benefits will this goal bring you?

When do you want to be in this position?

How will you know that you have achieved your goal?

What is motivating you to achieve this goal?

How challenging is this goal for you?

Who is in control of the achievement of this goal?

How will achieving this goal affect other parts of your life?

If you don't achieve this goal how will you feel?

R – Reality

Where are you now?

What have you done so far?

What is going on for you right now?

What obstacles are you facing?

What has stopped you doing more before now?

What have you done before like this where you have been successful?

What went well for you then?

What strengths have you employed/used in the past that could help you now?

What resources do you have to help you?

Who else needs to be involved with this process?

O – Options

What could you do to move you one step closer to achieving your goal of….?

What would your best friend tell you to do?

What would you tell your best friend to do if they were in this situation?

What else?

What could you do if you couldn't fail?

If you had all the time in the world, what would you do?

If you had all the money in the world, what would you do?

What if you could wave a magic wand, what would this allow you to do?

What if you secretly knew the answer – what would it be?

What if this obstacle didn't exist – what would you do?

What is the easiest, most important, most comfortable, fastest, most enjoyable, cheapest, most practical action that you can take?

W-Way forward

What will you do?

What is the benefit of doing this action: feel better, gain new knowledge, change your opinion, relieve stress...

When will you do this action?

How are you going to do that?

What / who is involved in doing that?

On a scale of 1-10 how committed are you to taking these actions?

How enthusiastic are you about carrying out these actions?

What could stop you from taking these actions?

What would need to happen for this not to be a problem?

What concerns do you have in being successful in carrying out these actions?

How will you reward yourself when you have completed this action?

What's next

✓Complete the GROW model for the other components of your final goal

✓Create smart goals in the other categories of your life (finance, relationship, health)

✓Reward yourself frequently for small achievements

✓Post your written goals everywhere (wall, wallet, mirror, password, screen saver, car)

✓Tell everyone about your goals

✓Pay attention to your self-talk and change them to the positive

✓Work with a life coach to support you in clarifying and attaining your goals and actions

Summary

- Defined "SMART+" goal

- Applied GROW model

- Set your own action plan

- Learned from others

- Had fun (I hope)