

Setting Goals

Introduction: In order to set goals, you must first know what you want out of life. Everything we do and decision we make is based on our consciously or unconsciously held beliefs, attitudes and values.

Aids in Creating Goals

Answering the following questions will help you select goals for your life:

- What do I want in my life that I don't have?
- What do I have in my life that I don't want?
- What would motivate me and direct my life?
- What things do I like to do? Can I make a living doing these things?
- What are the things I value the most?
- How and where do I wish to live?
- What do I wish to change in me, my relationships with my family, friends, a higher power?
- What reputation do I choose to have?



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A goal is a statement of one's desire; it is a result one is committed to achieving and to supporting with time, energy and/or money. Goals are written for "now" and change over time. As we grow, change, and meet these goals, we add new goals to meet our new needs.

Putting goals in writing solidifies them and gives us a concrete way of watching and experiencing them as they are met. Marking this progress and achievement becomes personally rewarding. It also builds strength, character and self-esteem.

When setting goals, be specific. State the goal exactly as desired and visualize its completion. A goal is clear if you are able to answer the following questions:

- Does it make it clear **what you can do** when you achieve the goal?
- Is it personal, stated positively, realistic and attainable?
- Does it indicate **a time** by which you should achieve the goal?
- Is there a way **to judge** whether you have reached the goal?

Planning goals is like taking a trip. You can make the plans, reserve the motels, etc. and still have things go wrong. Roads can be closed, reservations can get mislaid, etc. That's why you need to plan for obstacles. Problem solving before we hit roadblocks can help prepare us emotionally and mentally to deal better with the problems. It is important to monitor your goals to ensure that you are moving closer to achievement.

You need to also remember that goals change over time. We set goals to satisfy our current needs and values. As we grow and change and meet these goals, we add new goals to meet our new needs.