GOAL SETTING

Determining Your Goals

- Start by brainstorming all of the areas of your life that are important to you and write down what you would like to achieve in those areas.

- Next, prioritize your goals. Take several passes at your prioritization list and re-prioritize until you are satisfied with the end result.

Make a Plan

Once you have set your goals, written them down, told your friends and began visualizing them every day, ask yourself:

- What skills do I need to achieve this goal?
- What information and knowledge do I need?
- Do I need help, or assistance, or collaboration from anyone else?
- Are there resources I need?
- What can slow me down or stop me?

By setting goals, and measuring their achievement, you are able to see what you have done and what you are capable of doing.

The process of reaching goals and seeing your accomplishment gives you the confidence to set and achieve even higher goals.

Identifying what you want to accomplish, and creating a plan on how to achieve it in an accountable manner, is the difference between success and failure.