

Goal Setting



TOP 10 GOAL SETTING TIPS

10. Be patient with yourself - It takes at least 30 days of consistency to implement lasting change

9. Have an overall vision - You may have many goals but if they don't align with your overall vision, they will likely fall to the wayside.

8. Be flexible - If you've taken some steps but your goal still seems far off, perhaps you need to re-think your goal or break it down further. Also, be flexible in re-writing your goal if you find that your original goal was too difficult or too complex.

7. In your face - Write down your goals and put them somewhere where you will see them every day.

6. Shout it out - Tell people about your goals. The more people you tell, the more likely you are to actually follow-through

5. Accountability - Get an accountability partner - Have someone hold you fully accountable to your goal and make sure they know exactly how you want them to hold you accountable.

4. Say it like you mean it - "I want to apply to three schools" lacks power. "I will apply to three schools" is intentional and powerful.

3. Be Specific - "To find a job" is too general. "To find, research and apply for 5 job openings by the end of this month" is much better.

2. Due Date - Attach a specific date to each goal but be careful not to make all of your goals due on or around the same date.

1. Be SMART - Make sure your goal is Specific, Measurable, Achievable, Resonant, and Timely. Identify a specific action or event that needs to take place. Make sure the goal and its benefits are quantifiable in some way. Be realistic. The goal should be attainable given available resources. The goal should also align with your overall vision while requiring you to stretch and grow. And don't forget to assign a specific due date; one that is sensible to achieve.