

# Goal setting

How to write compelling goals that you can achieve.

If you knew you could not fail, what would you want to achieve?

Spend at least 15 to 20 minutes with a pen and paper just writing down what you want under these main headings (leave any that don't fit with your values):

1. Health
2. Relationships
3. Career
4. Wealth
5. Personal Growth
6. Material Objects

Do not let your pen leave the paper, just keep writing and let ideas flow onto the page. Do not set any limits upon what you want and just let the ideas keep coming.

Once you have taken the time to brainstorm what you want under each of these headings, go through your list and start to attach what you think are realistic time frames for the completion of each goal.

Then choose one goal from each heading that you feel is the most important for you to attain within the next 12 months. Choose the one you are most excited about, feel most compelled to achieve and one that would bring you the highest level of satisfaction when you achieve it.

Write out those you choose from the list, keeping in mind the following rules:

1. State each goal in positive terms
2. Be as specific as possible
3. Have an evidence procedure to know when you've achieved the goal
4. Be in control, do not have goals that are dependent upon the actions of others

Make sure the goal fits with your values and won't negatively impact you or anyone else.