



take it all off.

Successful Goal-Setting

This exercise will help you get clear on what's *really* involved in the goal you have set, and make sure it's fully aligned with your priorities and life. It will also make sure you've got the system and conditions in place to be successful with this goal, so you're going in prepared.

What is the goal?

Make sure it's:

- stated in a positive way (e.g., a new habit you want to create rather than something you want to stop doing)
- measurable (you'll be able to know you've achieved it by looking at it objectively)
- meaningful (it's important enough to you that you will devote the time, energy and resources needed to achieve it)
- doable (it's realistic)

How will you know when you've achieved it?

Why is this goal important to you?

How will your life be different when you have achieved it?

How will working toward this goal and achieving it impact other priorities in your life?

Is this a goal you've tried to achieve before? If so, what happened? If not, why not? What is different now that is making this goal a priority?

If you tried the goal before, what worked well?

If you tried the goal before, what didn't work well? What got in your way?

What obstacles / challenges / hurdles do you anticipate in achieving this goal? What could pull you off track?

What support structures and strategies for success can you set up NOW to help set you up for success?

Consider:

- what did and didn't work before if you've tried to reach this goal before
- the challenges you anticipate
- things that could make it more fun and inspiring to do
- think about your environment – is it set up for your success?
- think about the people in your life – do you need to have conversations with anyone to enroll them in your goal?
- think about any new habits you could develop
- think about what you need to be successful – do you have all the components?

Course corrections – getting back on the horse

What are some ways you can give yourself permission to get sidetracked, to recognize that you're human and that you might have to course correct along the way? Are there some gentle, loving messages you can give yourself now, when you're fired up and excited about the goal, that gives you permission and forgiveness later on if it doesn't all go exactly as planned?

Incentives and rewards: What are some ways you can give yourself incentives for reaching the different milestones en-route to your goal?

Consider giving yourself rewards for new behaviors adopted along the way to the goal, rather than always focusing on results. For example, if your goal is to run a 10k, reward yourself for achieving a certain number of training runs on a weekly basis, rather than focusing on the distance.

Action plan

With all of the above in mind - the support structures, course corrections, incentives and rewards - create a basic action plan for achieving the goal.