

Goal Setting

Setting goals is exactly like mapping out directions to a travel destination. You first have to know where you are going. Next, why are you going there, what do you hope to accomplish by getting there? Next, which route will you take, the most direct route or the scenic route? How will you get there, which vehicle? When do you want to get there? It is exactly the same for your personal and professional life and it doesn't only refer to financial goals.

There are many areas in our lives that are important. Money is one of those areas but even that can be broken up into passive income, savings, and monthly budget income. Sometime, we kid ourselves into thinking that we don't need to know how much we need and we just spend. When you have a goal, you begin to put your life into perspective and into categories of importance or priorities.

Health, time with loved ones/ family, business networks, friendships, spiritual, hobby time, and personal growth are some of the important areas in our life. We tend to focus on some and neglect others.

Also, remember that goals in each area have short term and long term goals. Short term goals usually taking 1- 12 months time to achieve and long term being described in years before they are reached. You should have both in each area.

While setting goals can be set at any time in our life and should be revised often as priorities change and goals are met, the beginning of the year is always a great place to start since it is a new beginning.

When you begin to think about goal setting, take into account where you want to go. For example, in health you may choose to set a goal for losing weight or doing more exercise or eating better. While these are the beginning of goals, if you remember it is much like planning a trip. It's not enough to say you want to go somewhere, you must plan how you wish to get there, what actions need to happen, why is it important, and by when do you want to get there? If you want to lose 20 pounds, but you don't plan how you are going to do it whether eating better or exercising or both and you set your goal to be completed in 1 month; you are setting yourself up for failure. One, you haven't mapped out how you will meet your goal, two you haven't made it personal by explaining and justifying why it's important, and three you set an unrealistic time frame in which to make it happen.

A more realistic goal would be: I plan to lose 20 pounds by May 15, 2011. I will do aerobic exercise three times a week for 30 minutes and strength training twice a week for 30 minutes. In addition, I will make healthier choices by picking whole grains over white grains and by eating at least 4 servings of vegetables and 2 servings of fruit a day. It is important that I reach this goal so that I will live longer for my family and so that I will have healthy triglyceride levels.

I know it sounds like a lot of thought but if you don't map out the details you won't come close to hitting your goal, you might even go so far as to not do anything at all to achieve your goal.

Points to Consider when setting Goals

1. Be concrete and as specific as possible.
Example: I want to lose weight versus I will lose 20 pounds. Want leaves an escape route for your mind to not have to do it. I will signifies a commitment.
2. Be visually descriptive include pictures were possible. The more you can see your goals and dreams, the more real they become. Those visualizations will also be there when you are frustrated and ready to throw in the towel. It's easier to give up on thoughts on paper than on a video in your mind.
3. Set goals that will excite you because you like the outcome or because you will be rewarded nicely by achieving your goal. Reaching a goal is only rewarding if it's tied to something that drives you to want to take the necessary steps to achieve that goal.
Plus, when you reach a goal, it breeds excitement and success that you CAN do it and motivates you to keep going.
Example: Following the example of weight loss, a reward could be as simple as a treat for yourself for every five pounds you lose.
4. Be realistic about your goals. Maybe your short term goal is really a long term goal.
Example: I want to make 1 billion dollars in 3 months.
5. State goals that are in positive terms.
Example: I will versus I will not
6. State goals in the present, not the future, as if they have already occurred. Stating in the present causes your mind to accept in the present.
Example: I am versus I will
7. While setting a goal is a great start, remember that part of reaching the goal is taking action, create a roadmap from where you are to where you want to be. Include all the steps that need to be accomplished in order for you to reach your goal.
8. When you hit a challenge, and you will hit bumps in the road, refer to your goals and roadmaps and assess whether to alter your goal or to map out a detour. Part of reaching the goal is the challenges you encounter that build your character. It will also determine if you want to achieve your goal bad enough.
9. Remember, that you are not a failure if you take action; and then choose to change course because of a conflict with where you are headed.
10. While not specifically part of goal setting directly, remember that you want to be supported by like minded people and that is why business networks is one of the goals. It is easier to move forward when you have someone who is moving forward just like you. It's kind of like being in the carpool lane. You will still hit some traffic but the drive is much smoother.

Complete one for each area of your life:

- Health(wellness, exercise, better eating),
- Family time,
- Money:
 - Passive income (income that comes in without your exchange of time(rentals, investment accounts, etc.)
 - Savings(can be for cushion, or for a bigger item like a vacation)
 - Monthly budget income(income needed for monthly necessities; if you don't know what you spend each month for food, gas, mortgage, miscellaneous items-cable, eating out, kids classes, etc. you should really sit down and figure out what that number is). Having a monthly budget doesn't mean you are confined and can't spend, it just means you are being conscious of where you choose to spend your money.
- Business networks(business contacts)
- Friendships
- Spiritual
- Hobby time(downtime to do something you enjoy)
- Personal growth(attending seminars/conferences, reading books, etc. You should always be learning something new, not necessarily business related but anything that grows your knowledge).

Both short term (about 3 – 9 months depends on how far out long term is) & long term(1 to 5 years out typically).

<p align="center">My Goals for 2011: Health Long Term Be as Clear & as Descriptive as Possible</p>	<p align="center">Date to complete by</p>

<p align="center">My Goals for 2011: Health Short Term Be as Clear & as Descriptive as Possible</p>	<p align="center">Date to complete by</p>

My Goals for 2011: Family Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Family Short Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Passive Income Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Passive Income Short Term Be as Clear & as Descriptive as Possible	Date to complete by

<p>My Goals for 2011: Savings Long Term Be as Clear & as Descriptive as Possible</p>	<p>Date to complete by</p>

<p>My Goals for 2011: Savings Short Term Be as Clear & as Descriptive as Possible</p>	<p>Date to complete by</p>

My Goals for 2011: Monthly Budget Long Term If you don't know what you spend, now is a good time to look at bank statements, credit card statements, and receipts to see what's going out and to where it's going	Date to complete by

My Goals for 2011: Monthly Budget Short Term If you don't know what you spend, now is a good time to look at bank statements, credit card statements, and receipts to see what's going out and to where it's going	Date to complete by

My Goals for 2011: Business Networks Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Business Networks Short Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Friendships Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Friendships Short Term Be as Clear & as Descriptive as Possible	Date to complete by

<p align="center">My Goals for 2011: Spiritual Long Term Be as Clear & as Descriptive as Possible</p>	<p align="center">Date to complete by</p>

<p align="center">My Goals for 2011: Spiritual Short Term Be as Clear & as Descriptive as Possible</p>	<p align="center">Date to complete by</p>

My Goals for 2011: Hobby Time Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Hobby Time Short Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Personal Growth Long Term Be as Clear & as Descriptive as Possible	Date to complete by

My Goals for 2011: Personal Growth Short Term Be as Clear & as Descriptive as Possible	Date to complete by

This is meant as a starting place for you to really understand your life, where you are, and where you want to be.