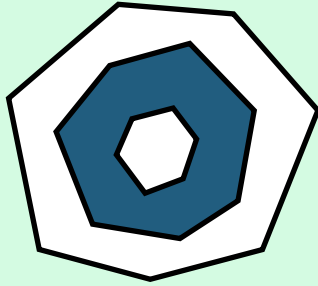


# Goal-Setting



Find the right balance of

QUALITIES  &  STRATEGIES

that fit your personal framework and play to your

STRENGTHS  &  VALUES

Effective goal-setting → Break it down!

## Outcome goals

Big picture.  
Success is based on the final result.

“I want to run a marathon in 3 months.”

## Performance goals

Focus is on the journey.  
Success of these leads to success of the outcome goal.

“I will start running.”  
“I will start eating better.”

## Process goals

Focus is on the details.  
How exactly will you accomplish these goals?

“I will run for 30 minutes, 3 days a week to start.”

Make them:

**S**pecific  
Clearly define and identify the goal.

**M**easurable  
Make sure progress is quantifiable.

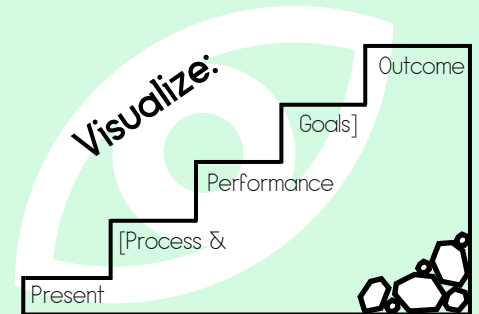
**A**ttainable  
Challenging, yet realistically achievable.

**R**elevant  
Aligns with your priorities & values.

**T**ime-based  
Includes a target completion date.

Need accountability?

- Use a friend's help to hold you to your goals.
- Use an app to track your progress.
- Attach the goal to current habits to help it stick.
- Journal: account what's working, what's not, and how you're feeling.
- Productive focus > Eliminate focus (“I will” > “I won't”)



WHY DO I WANT THIS?

REFLECT

WHAT IS THE FIRST STEP?

## Benefits of goal-setting:

- Helps provide direction and clarity
- Directs your attention to relevant things (focus)
- Increases the effort you expend
- Motivates strategy development
- Gives you more control over your future

