



SETTING AND ACHIEVING GOALS

2 January 2016

A happy New Year to you. May 2016 be wonderful for you in every way.

A new year, like all new starts, is good for us. Throughout nature, and indeed throughout our lives, we are presented with opportunities to start over. The end of the year allows us to reflect upon the past, learn from it, and put it behind us. The New Year allows us to start over afresh, shaking off that which is dead and gone. One of the ways in which we make a new start to the year is to set new goals for ourselves. Achieving goals not only allows us to realise our objectives. Goals enable us to focus. They direct how we spend our time. They give us a sense of accomplishment. Working towards our goals gives us a sense of purpose. People who are working towards goals are happier than those who are not.

The other thing about goals is that they link to confidence. People who regularly set and achieve goals are far more confident than those who don't. The thing is though, if you set goals you need to achieve them. If you don't then you lose confidence and lose your sense of competence to thrive in this world. When you achieve goals your confidence and sense of competence to thrive in this world increase.

So let us have a look at some points relating to goal-achievement. These relate to goals you set in any area of life – be it relationships, health, career, finance, social, emotional, etc. There is a large body of writing relating to setting and achieving goals. I want to highlight a few points. And then I am going to tell you about an online course where you can learn to be an expert in setting and achieving goals as well as helping others (such as your staff and your family) to set and achieve their goals.

1. Don't try and do too much in one go. That is a sure way to get fed up and fail. Goals are a way of getting you to focus where you put your time and energy, so focus. Between one and three goals at any one time.
2. The more specific you are when setting a goal the better. "I want to be wealthy" is not a goal, it is a wish. It is too vague. "I want to have paid off my car by the end of this year, be earning R40k per month, and be saving R5k per month into a savings

plan, is a goal. You know what you have to do to achieve it and you will know when you have achieved it.

3. Make your goals visible to you. Don't keep them in your head. Write them down and stick them up where you will see them every day. Put a picture next to your written goal.
4. Ask yourself if your goal is inspiring for you. If it is not then you will struggle to achieve it. Everything else that competes for your time and attention will win out. If you don't really love the idea of achieving the goal then why have you set it. If other people (family, friends, society) want that goal then they can go and achieve it. Do what you want to do.
5. Break your goal up into steps – like mini-goals, such that if you achieve all the mini-goals you will automatically reach your goal. Smaller steps often seem more doable and it can be easier to get started. Ticking off mini-goals completed can also be motivating.
6. Think about all the possible resources that could help you achieve your goal. It could be people in the form of close family and friends, professionals, experts, those who have done it before. It could be books, courses, training, seminars, or other forms of knowledge you need. Ask others to suggest resources that could help you achieve your steps towards your goal.

SETTING AND ACHIEVING GOALS – ONLINE COURSE

If you want more information on setting and achieving goals then consider doing my online course with email coaching, on setting and achieving goals. The course is suitable for anyone 13 years or older. You get all the course material, notes and exercises and email coaching while you are doing the course. *There is 6 weeks' worth of material. You can decide the pace at which you want to work. If you want to do it in less than 6 weeks you can. If you need more than 6 weeks, that is fine.*

To read more about the course & contents of each week click on the link below.

www.lifecoachingbusiness.co.za/newsletters/Goals2014.pdf

Have a great January, a fantastic 2016, and make this the year you not only achieve your goals, but you knock them right out of the park and leave everyone else looking on astonished.