

Setting Compelling Goals

“Vision Without Action is Daydreaming and Action Without Vision is a Nightmare.” Japanese Proverb

Why Have Goals?

We create direction and purpose which means that we can “programme” ourselves to consistently achieve what we want. A vision that is so compelling it influences the way you live moment by moment, day by day.

By filtering our thinking toward what we want to achieve, we pay attention to the opportunities which will assist us in achieving our desired outcome.

There 3 main reasons to have a vision and to set goals:

1. Sense of Direction

If you don't know exactly where you're going, how will you know whether you're on track or not, and whether you've arrived or not. If you:

- Know what you want, and
- Are aware enough to know whether or not you're on track, and
- Are able to be flexible to make changes if you're not on track

Then you have a far better chance of achieving your goals.

2. Focus Energy and Attention

Having clear goals helps us to focus our energy and attention. By having clear goals, and also focussing on what you want, your mind will unconsciously seek out 'resources (people, articles in magazines, adverts etc) and opportunities to help you achieve it.

3. Avoid Wasting Time and Effort on a 'Wrong' Goal

Just as someone's motivation will rise if they have a goal or series of goals which are truly appropriate for them, by having a goal or series of goals that are not right for that person, they could spend hours, weeks or even years, money and energy chasing something they don't really want.

Expect Obstacles, learn from setbacks and keep moving towards your goals!

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Here's a series of questions to ask when setting goals.

The Steps and Questions:

1. What specifically do you want?
Stated in the positive

2. Imagine its one year from today and it's been your best year yet... What have you achieved? What is your new 'current reality'?

3. In relation to your goal, where are you now?
Specify present situation

4. What will you see, hear, feel, etc., when you have it?
Specify Outcome

5. How will you know undeniably when you have it?

6. What will this outcome get for you or allow you to do?
Is it congruently desirable?

7. Is it only for you?
Is it self-initiated and self-maintained?

8. Where, when, how and with whom do you want it?

9. What do you have now, and what do you need to achieve your outcome/goal?
Have you ever had or done this before?
Do you know anyone who has?
Can you act as if you have it?

10. Is there more than one way to achieve your goal?

Write your Goal stated in positive terms, in the present tense:

(e.g. 'It is 31st December 20XX and I have £1 million of my own money in my bank account. I drive a car worth more than £20,000 that I am happy with, and I am happily married to a partner I adore and who adores me.')