



Set Your Goal.

When you goal-set, your objectives become: -

- **Outcome Focused:** once you understand The Why of your goal, you are well on your way to achieving it.
- **In line with your values:** the more a goal is in line with your core values, the easier it will be to achieve.

If this is done, the objective will be positive. For instance: “I want healthy fingernails” rather than “I want to stop biting my nails.”

The objective set will consider the **obstacles** you need to overcome, the attainment of your goal and the **resources** you require to get there.

Complete the table below to define your goal: what is it you really want? Let’s find out ...

OUTCOME FOCUSED	What is it you really want?
OUTCOME FOCUSED	What is the specific outcome you are hoping to achieve?
OUTCOME FOCUSED	What is the issue for you in not achieving your goal?
IN LINE WITH VALUES	Is this goal in-line with your life plan? If you are unsure, what’s your gut feeling?
IN LINE WITH VALUES	Is this goal in line with your values? If so, what is important in your life? Does it support this?
IN LINE WITH VALUES	Does thinking about your goal give you a sense of contentment, happiness or excitement? Why is this?

IN LINE WITH VALUES

If you could have your goal right now, would you achieve it? If not, what are the potential issues?

.....
.....
.....

IN LINE WITH VALUES

Does this goal fit your lifestyle? Consider time, effort, commitment, who else is affected in your goal here.

.....
.....
.....

IDENTIFYING OBSTACLES

Do you have the control to maintain your goal?

.....
.....
.....

IDENTIFYING OBSTACLES

How will making this change affect other aspects of your life?

.....
.....
.....

IDENTIFYING OBSTACLES

Can you continue in your current situation whilst making these changes? If so, how?

.....
.....
.....

IDENTIFYING OBSTACLES

What might you have to give up, or stop doing, to achieve this goal? Do you think this is worth it? Why do you think that?

.....
.....
.....

IDENTIFYING OBSTACLES

If something was unmentioned about achieving this goal or not, what would it be?

.....
.....
.....

IDENTIFYING OBSTACLES

Who will you have to be to achieve this goal?

.....
.....
.....

GOAL ATTAINMENT

Is the goal the right size to attain?

.....
.....
.....

GOAL ATTAINMENT

What would be the easiest level of your goal to achieve?

.....
.....
.....

GOAL ATTAINMENT

What would be your target level of the goal to achieve?

.....
.....
.....

GOAL ATTAINMENT

What would your amazing level of the goal to achieve?

.....
.....
.....

RESOURCES

What resources do you already have to achieve your goal? For instance, skills, finances, contacts etc

.....
.....
.....

RESOURCES

What resources do you need to help you achieve

.....
.....

your goal? What are
these?

Now you have considered your objectives, look at the **ideas and options** you now have:

1. What would be the smallest or easiest first step for you?

.....
.....
.....

2. Which options or actions grab you?

.....
.....
.....

3. How could you make the actions more enjoyable or fun?

.....
.....
.....

4. Who else could help you in completing your actions?

.....
.....
.....

5. What's one action you could take in the next ten minutes?

.....
.....
.....

6. What are three actions you could take, that makes sense this week?

.....
.....
.....

7. Imagine you find a magic lamp, what actions would you take?

.....
.....
.....

Now, do something! Choose your actions: -

1. When specifically (day & time) will you take your actions?

.....
.....
.....
.....

2. On a scale of 1 – 10, how likely are you to complete each actions?

.....
.....
.....

3. If less than 8, what is stopping you from completing the action?

.....
.....
.....

4. Make this your first action.

5. How do you normally sabotage yourself?

.....
.....
.....

6. Knowing this, what will you do differently?

.....
.....
.....

7. How will you know you've completed your actions?

.....
.....
.....

8. Who will you tell about your actions, for support, completing them?

.....
.....
.....

9. What specifically will you ask your supporters to do for you?

.....
.....
.....

10. How will you feel, once you have completed your actions?

.....
.....
.....

11. How will you reward yourself once you have completed your actions?

.....
.....
.....