

GOAL SETTING: AN EXCERPT FROM CAREER DIRECTIONS WORKSHOP

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GOALS

GET goals etched in your mind.

ORGANIZE and write plans to reach them.

ACCOMPLISH plans systematically

LEAVE nothing left to chance.

SUCCEED with perseverance!

Philippians 3 and 4:12

PROBLEMS WITH SETTING GOALS

Most people have not idea **WHAT** they want out of life, much less who they want to be when they grow up.

If they know **WHAT** they want, they have not idea **HOW** to get it.

If they know **HOW** to get it, then they are never really **CONSISTENT** enough to get it done.

THE POWER OF GOAL SETTING

Success is all mental.

- ❖ Mental game – How well can I *focus* my mind today?
- ❖ Do not *underestimate* the power of setting goals.
- ❖ Do not take *goal setting* for granted.

Success is a personal choice!

You can choose to focus on the positives or the negatives.

Focus on future opportunities or past failures.

Choose to focus on your personal goals and your future successes!

WHY WRITTEN GOALS WORK

Whatever you focus on consistently is your reality.

As you picture your dreams, you are creating your own destiny.

When you set a goal and write it down, it automatically changes the perception of the outcome in your mind.

Why do most people fail to ever succeed at anything?

They reach a plateau and give up.

In order to live the life I expect and deserve, I have to choose a career that matches my personal goals, career goals, passions, knowledge, skills, and abilities.

WHAT IS THE KEY TO SUCCESS?

Who am I?

Why am I here?

What is success for me?

Does my daily life reflect my true values and goals?

What are my true priorities?

WHOSE DEFINITION OF SUCCESS IS THE RIGHT ONE?

Circle your top three (3)

Spouse Mom Dad God/Faith Society

Family Friends Neighbors Boss Peers

All these people influence your life, but ME is missing.

Your desires, passions, and values truly define success!

MY BALANCED LIFE ANNUAL GOALS

STEP 1

Name: _____

For items 1 through 8 answer the question “This is so important to me because?”

1. Personal Goal:

2. Career Goal:

3. Family Goal:

4. Spiritual Goal:

5. Personal Possession Goal:

6. Financial Goal:

7. Hobby Goal:

8. Health Goal:

9. When you were a child in school, whom did you want to be when you grew up?

When you were in 3rd Grade? _____
Why? _____

Seventh Grade _____
Why? _____

12th Grade _____
Why? _____

College _____
Why? _____

10. What were your parents' expectations, aspirations, or definitions of success? What are/were your spouse's expectations, aspirations, or definitions of success? What is your true definition of success?

13. What is your true definition of a balanced life?

14. What are/were your underlining motivating factors?

15. Do your true definitions of success and a balanced life differ from your intimate families'? Yes or No. If so, how?

16. Do you see any obvious conflicts between your true goals, aspirations, and dreams as it relates to those you respect and love the most? Yes or No

If yes, who? _____
What? _____
When? _____
Where? _____
Why? _____

MY BALANCED LIFE ANNUAL GOALS

STEP 2

Name: _____

PERSONAL GOALS

#1 PERSONAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 PERSONAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 PERSONAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

CAREER GOALS

1 CAREER GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

2 CAREER GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

3 CAREER GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

FAMILY GOALS

#1 FAMILY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 FAMILY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 FAMILY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

SPIRITUAL GOALS

#1 SPIRITUAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 SPIRITUAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 SPIRITUAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

PERSONAL POSSESSION GOALS

#1 PERSONAL POSSESSION GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 PERSONAL POSSESSION GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 PERSONAL POSSESSION GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

FINANCIAL GOALS

#1 FINANCIAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 FINANCIAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 FINANCIAL GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

HOBBY GOALS

#1 HOBBY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 HOBBY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 HOBBY GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

HEALTH GOALS

#1 HEALTH GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#2 HEALTH GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

#3 HEALTH GOAL:

This is so important to me because:

My Action Plan for **TODAY**:

Short-term Action Plan & Deadline:

Long-term Action Plan & Deadline:

MY BALANCED LIFE ANNUAL GOALS SUMMARY

STEP 3

Name: _____

Today's Date: _____

Goal	Action Step Description	Short Term Deadline	Long Term Deadline	Completed Yes Or No
<i>Personal Goals</i>				
#1				
#2				
#3				
<i>Career Goals</i>				
#1				
#2				
#3				
<i>Family Goals</i>				
#1				
#2				
#3				
<i>Spiritual Goals</i>				
#1				
#2				
#3				
<i>Personal Possession Goals</i>				
#1				
#2				
#3				
<i>Financial Goals</i>				
#1				
#2				
#3				
<i>Hobby Goals</i>				
#1				
#2				
#3				
<i>Health Goals</i>				
#1				
#2				
#3				