GREAT Goals are:

1. **Outcome focused**: Once you understand your WHY (and it's an enthusiastic WHY) you're 90% there!
2. **In line with your values:** The more a goal aligns with your inner or core values - the EASIER it will be to achieve. NOTE: We can achieve goals that don't align with our values but it's harder to do and less satisfying.
3. **Stated in the positive:** i.e. "I want healthy fingernails" rather than "I want to stop biting my nails"

**and SMART:**

**S**pecific (so you know exactly what you're trying to achieve)

**M**easurable (so you know when you've achieved it!)

**A**ction-oriented (so you can DO something about it!)

**R**ealistic (so it IS achievable) and

**T**ime-Bound (has a deadline)

**Focusing on the Outcome:**

* What is it that you really, REALLY want? *Dig deep…*
* What is the SPECIFIC outcome you're looking for?
* What is the PAIN for you of NOT achieving your goal?

**Aligning with your Core Values (See the video on Vision):**

* Is this goal in line with your life vision/overall life-plan? *(Don't know - what does your gut tell you?)*
* Is this goal in line with your values? *(Unsure?* *Ask yourself what’s REALLY important to you in life - will this goal help you achieve more of that?)*
* Are the goals something YOU truly want, or are they something you think you SHOULD have or SHOULD be doing? *(Tip: If it is a SHOULD, it may be someone else's dream…)*
* When you think about your goal does it give you a sense of deep contentment or 'rightness', happiness and/or excitement? *(If so, these are good signs that it’s a healthy goal.)*
* If you could have the goal RIGHT NOW – would you take it? *(If not, why not? What issues are there?)*
* How does this goal fit into your life/lifestyle? *(Time/effort/commitments/who else might be impacted?)*

**Identifying Obstacles:**

* Can YOU start & maintain this goal/outcome? *(i.e. Do you have complete control over achieving it?)*
* How will making this change affect other aspects of your life? *(i.e. What else might you need to deal with?)*
* What's good about your CURRENT SITUATION? *(i.e. What's the benefit of staying right where you are?)* Then ask, how can I keep those good aspects while STILL making this change?
* WHAT might you have to give up/stop doing to achieve this goal? *(Essentially, what’s the price of making this change – and are you willing to pay it?)*
* If there was something important around achieving this goal (to help you succeed, or that could get in the way) that you haven't mentioned yet, what would it be?
* WHO will you have to BE to achieve this goal?

**Goal Sizing:**

* Is your goal the right size to be working on?   
  *Too big? Break down into smaller goals. Too small? Fit into a larger goal.*

} give yourself a goal

} range so you can't

} fail to achieve!

* What would be the MINIMUM/Super-Easy level of goal to achieve?
* What would be your TARGET level of goal to achieve?
* What would be your EXTRAORDINARY level of goal to achieve?

**The A.S.K. Process – Critical Thinking:**

* Utilize the A.S.K. worksheet to help you get started and understand any gaps you may have
* Utilize the Dream Form to understand the big picture

**Resources - get moving:**

* What RESOURCES do you already have to help you achieve your goal? Make a list! *(e.g. things, support from people, contacts, personal qualities, knowledge, skills, money, time etc.).*
* What RESOURCES do you NEED to help you achieve your goal? Make a list!

***IMPORTANT: REMEMBER – GOALS are there to INSPIRE YOU not to beat yourself up with!***