



how to set life goals and work towards them

no.1: setting life goals

The first step in setting your goals is to think carefully about what YOU want to achieve in your lifetime or at least the next 5 years. Setting life goals gives you the big picture that influences your decision-making and shorter term choices.

As you do this exercise, make sure that the goals that you have set are ones that you genuinely want to achieve, not ones that your parents, family, or employers might want - remain true to yourself.

To give a broad view of all the important areas in your life, try to set goals in some of the following categories and add to these categories with your own areas of focus too:

- **Family** - Do you want to be a parent? If so, how are you going to be a good parent? How do you want to be seen by a partner or by members of your extended family?
- **Artistic** - Do you want to achieve any artistic goals?
- **Attitude** - Is any part of your mindset holding you back? Is there any part of the way that you behave that upsets you? (If so, set a goal to improve your behaviour or find a solution to the problem.)
- **Career** - What level do you want to reach in your career, or what do you want to achieve?
- **Financial** - How much do you want to earn, by what stage? How is this related to your career goals?
- **Education** - Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?
- **Physical** - Are there any athletic goals that you want to achieve, or do you want good health deep into old age? What steps are you going to take to achieve this?
- **Pleasure** - How do you want to enjoy yourself? (You should ensure that some of your life is for you!)
- **Community** - Do you want to make the world a better place? If so, how?

Spend some time brainstorming these things, and then select one or more goals in each category that best reflect what you want to do. Then consider trimming again so that you have a small number of really significant goals that you can focus on.

You can use activity number 2 on the next page to help get really focussed on this!

no.2: working towards life goals - the John Whitmore model

A very clever man called John Whitmore was key to shaping the model to get to the 'right goals' and we'll go through the model below.

The best start to setting goals is in distinguishing between final goals and performance goals. A final goal might be 'I want to run a marathon' and a performance goal helps you get there so it might be 'I will go jogging for thirty minutes every morning'.

So bearing that in mind, let's get started... write down a goal you have in mind on a piece of paper or tap it into your iPad and then think about, step by step, how it fits with the following 14 goal measures below, collected up as 'SMART', 'PURE' and 'CLEAR' goals...

Top tips:

- Keep the goal simple – if it's feeling too complicated or complex then chunk the goal down a bit more
- If a goal is not challenging it won't motivate you so take a moment and focus on what you really want

★the right goal★

S	Specific: target a specific area for improvement			C	Challenging
M	Measureable: quantify or at least suggest an indicator of progress	P	Positively stated: e.g. 'I will be...' not 'I won't be...'	I	Legal
A	Attainable: How can the goal be accomplished?	U	Understood	E	Environmentally Sound
R	Realistic: state what results can realistically be achieved, given available resources	R	Relevant: Does this seem worthwhile? Is this the right time?	A	Agreed
T	Time Phased: specify when the result(s) can be achieved	E	Ethical	R	Recorded

Good work superstar! Now ask yourself...

- What does the first step look like?
- What's it going to feel like when you achieve the goal?
- What's going to happen if you don't do anything and you don't achieve your chosen goal?
- What are you going to do NOW? What are you going to do next...?