

AMANDA'S

Goal Development Tips

SET YOUR GOAL

It is important to take the time to thoroughly consider all the components required to help you achieve your goal.

Strategizing for success is an easy process, doesn't take long to do, and helps you have a clearer idea of what you want and how you're going to make it happen.



KEEP IT SIMPLE

Define your goal as clearly as possible.

When you don't know what you want, it can take more energy, time, and resources than necessary to achieve it.

CHOOSE A STARTING POINT

When will you start working on your goal? Knowing this clarifies how much of a priority the goal is for you.

Life is about choices, and more choices mean more opportunities for success.



BREAK IT INTO SMALLER STEPS

Smaller steps are more manageable, require less stress/effort on your part, and allow you to see the progress you're making.

When we are able to check off a smaller step, we FEEL more successful, because we can see our bigger vision falling into place.

REDEFINE YOUR GOAL

You may have to redefine your goal, because it was unrealistic. You may have lacked the resources to achieve it, it wasn't that important to you, and/or you learned something new that required you to adapt your goal.

Redefining a goal is related to personal growth. You're not failing if you need to adjust your goals.



ACT ON YOUR GOAL

Accomplishing steps toward your goal will reinforce positive self-esteem. You will feel more successful. When we feel more successful, we feel more motivated to create more goals and achieve them.

Creating a goal and achieving it creates more choices and opportunities for success.



SMART Goal Creation Tips

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SPECIFIC

Make your goal as specific as possible so that you can know if you've achieved it.

Ask yourself: "How will I know if and when I have achieved my goal?"

MEASURABLE

Clarify your goal so that you can track your progress as you go.

Ask yourself: "What are the criteria for my goal so I can achieve it?"

ACHIEVABLE

Break bigger goals down into mini-goals to boost your confidence. It feels more reasonable and achievable to your mind, and you're more motivated to do the work.

Ask yourself: "What are the steps it will take to achieve my big vision?"

REALISTIC

You can be a big thinker with a huge goal! Take into account your current abilities and your willingness to work toward a goal. If you don't have the skills to do something now, that's okay! Be patient and work up to it.

Ask yourself: "Am I committed to doing everything it takes to achieve this goal? Am I willing to make adjustments as needed?"

TIME-BASED

Having a set amount of time to achieve a goal gives you the structure you need to achieve it. For a goal to be effective, you want to have a sense of urgency to complete it.

Ask yourself: "Do I have enough time to accomplish this goal? Or, am I giving myself too much time when I can complete it more quickly?"

My Number 1 Tip

Rate your motivation for how much you want to achieve your goal on a scale from 1 to 10 (1 = no motivation; 10 = high motivation).

7/+ = more likely and willing to do the work it takes to accomplish the goal.

6/- = goal isn't important; less likely to follow through on what needs to be done to be successful.