



## Setting Goals

Having clear personal goals can be an important source of motivation in your life. Whether you want to improve your life or just develop a clearer sense of purpose, goal setting can be an important first step.

One way to come up with goals is to think about the following:

- What you want to **BE**
- What you want to **DO**
- What you want to **HAVE**
- What you want to **GIVE**
- What you **DON'T** want to **BE, DO, HAVE, and GIVE**

If you are having trouble answering those questions, think about them in certain areas, such as:

- *Personal*
- *Family*
- *Spiritual*
- *Professional*
- *Financial*

Often, we make goals that are too broad. This is less motivating because we don't have a clear sense of how our actions relate to our goals. Consider these two examples:

**Goal 1:** I want to have a better relationship with my partner.

**Goal 2:** I want to spend 20 minutes each day alone, talking to my partner.

While both of the goals were about having a better relationship, Goal 2 could be worked on every day in a concrete way.

**When developing goals, make sure that they are:**

- **REALISTIC** – Don't make your goal something so hard it won't happen. Start with one goal and when you reach it, set a new one.
- **MEASURABLE** – Being more patient is a great goal, but how will you know when you reach it? Instead, make it your goal to count to ten when you are angry. The more specific you are, the more you can keep track of progress.