

Go for the Goal



A Workshop Approach to Setting and Achieving Personal and Professional Goals

Why do Goal Setting?

“If you don’t know where you’re going, any path will take you there.”

—Sioux proverb

Multitudes of studies have demonstrated the importance of setting goals, both individually, organizationally, and nationally. John F. Kennedy set a national goal during his inaugural address when he said, “We will put a person on the moon by the end of this decade.” When JFK stated that goal very few people thought it achievable, yet we all know the outcome.

In order for individuals to set goals for themselves or their organizations, they must first understand themselves and others; their strengths and potential weaknesses, as well as their values and beliefs..

Stages of Goal Setting:

Effective goal setting requires the following steps:

Vision:

What vision do you have for yourself? Where do you see yourself in the future? Before a person or organization can set goals, they must first have a vision. A vision statement is always future-oriented and clarifies the direction in which you are going. The definition of vision is “the act or power of imagination.” It is a written picture of the best you can be. Therefore, vision requires an active imagination and the skill of creative visualization.

“Whatever your mind can conceive and believe, it can achieve.”

—Napoleon Hill

Mission:

What is your mission at this time in your life? Your mission is the “why” you do what you do. It is what you want for your life. Some researchers define mission as your purpose in life, what you can contribute to your family, organization and community. Sometimes mission is described as having a “white-hot” passion about something. You also need an equal willingness to develop the skills necessary to achieve it. Mission is the fuel that will allow you to accomplish your vision; goals are the road map to get you from where you are to where you want to be.

“When the ‘why’ is big enough, the ‘how’ will figure itself out.”

—George Zalucki

Keep a journal. Document daily what you did to be successful and how that was consistent with your mission.

Goals.

Goals are those essential elements, the “building blocks” that take you closer to completing your mission and bring you “Vision” into sharper focus.

Goals must be meaningful and attainable to be of any value. We define a meaningful goal as being **SMART:**

Specific
Measureable
Attainable
Relevant
Time Related

Values:

Values and belief are the foundation behind our actions. What values or beliefs will allow you to achieve your mission? Whatever you believe are the principles of life, these will direct you toward the realization of your vision. As individuals go through life, the priority of each of their values may change. For instance, once a person has reached a level of comfort regarding their economic resources, another cluster may become more important.

Daily Planning

Now that you have identified your goals based on your interests and values, how do you go about planning and executing those goals? The “Go for the Goals” seminar provides valuable and proven techniques to help you focus your daily planning activities to accomplish your goals

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