

Goal Setting Exercise

Decide what you really want

This is the decision making part where you identify what you really want, so that when you get it you won't be disappointed. The best way to do this is to project yourself into the future.

Having examined your wheel of life, pick the most important area where you want to make changes, i.e. health. It is common for people to have several goals at the same time. Be careful not to overstretch yourself. Start small and take on more as you become more experienced.

Try the following exercise:

Close your eyes and visualise yourself having fully achieved your goal. See yourself through the eyes of someone else. What do you look like to the outside world? What sort of image do you portray to others? What do they say about you?

Now go inside your future self who has already achieved your goal. What thoughts are running through the mind of this new successful you? What emotions are you experiencing?

Still imagining yourself having achieved your goal very casually **remind** yourself how you did this! Hear yourself saying something like "I remember when I was at home thinking about getting into... then I ... and then I ... Tell yourself the story of how you achieved your goal. Write down everything that your future self just told you in order to get to where you want to go.

Goal setting exercise cont...

Now that you have got this information the next step is ...

Break this information down and set a timeframe

As they say - the way to eat an elephant is a bite at a time! So take a good look at your goal and consider the following:

1. How big is your goal? Is it one goal or is it a number of goals? See your goal on the other side of the river. How wide is the river? Can you jump it in one go or do you need stepping stones to help you across?
2. Once you have established this you can start putting in a time frame. The key here is not to be over- ambitious. Each part of the goal has to be realistic but remember the quicker you do each bit, the more momentum you will built up and the sooner you will succeed. Set yourself a time frame that challenges you.
3. Conduct the SMART PLUS checklist

Write the first of your goal here;

Go through the checklist on the next page and make sure that your goals have all the elements of a SMART PLUS goal

Goal Setting Exercise cont...

Is your goal...

Is your goal...	Yes	No
Specific?		
Measurable?		
Achievable?		
Realistic?		
Time framed?		
Positive?		
Luring?		
Under your nose?		
Satisfying?		

Now rewrite your goal here

This is your first SMART PLUS goal and if done correctly and you really want this goal you **will** achieve this goal