



## **5 Practical Goal Setting Facts That Will Steer YOU In the right Direction.**

1. **The primary purpose of a goal is to move you** in the direction of what you want. In other words, it is about movement in a given direction and not so much about the achievement or non-achievement of it. Adopting this attitude takes failure out of the space. When your goals are aligned with the vision you have for your life it makes it easy for you to stay on track as there is ownership. Remember, change takes time.
2. **Clearly stated and time lined goals work best.** The clearer you are the more likely it is that you will make it happen. Be as specific as possible and even go as far as to mark out the steps required. Be sure to celebrate the accomplishment of those steps as it reinforces the movement towards your goal and celebrates the progress made. I like to think of it this way; the work is its own reward.
3. **Saying the goal out loud makes it stick.** It has to do with how we are wired. If you say the goal out loud it cements it and reinforces it in your own mind. Further reinforce the goal by using a visual representation and repeat your goals out loud every morning. This will keep you focused on where you want to go and what you want to achieve. You could also write your goals out on a daily basis. These activities will train your Reticular Activating System RAS to be on the look out for the circumstances that allow for the fulfillment of your goals and so you literally train your brain to make it happen. How cool is that?
4. **Personal accountability.** Goals only really work if you want them badly enough and you are willing to commit to them. "If it is to be it is up to me" will serve you well here. Be brave and tell a friend and get them to hold you accountable to the goal you set.
5. **Expect and welcome obstacles and hiccups along the way.** Often we create a goal what we notice everything that is not what we want happens or we suffer a setback. When this happens, pick yourself up and keep pushing in the direction of what you want and know that you are heading in the overall direction of what you are out to achieve and simply get yourself back on track fast.

**PS.** Remember everything takes time and there are no straight lines on the planet. Chance are you won't get to your goal in a straight line. A little bit of self-compassion goes a long way here. Then let your persistence and determination take over.