



Setting Goals

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RYZE PHOTOGRAPHY

Longitude 64 Latitude 32 degrees

Step Two - Setting Goals

*Setting motivating goals is easy.
Changing old habits is hard.*

You will need Motivation

Only you can decide that!

How can you motivate yourself to get going – to achieve any goal?

Have a reason. What matters MOST TO YOU!

Your goal must be something you want to do just about more than anything else

- Make it your first priority
- Commit to achieving your goal
- Become relentless and disciplined in that commitment
- Write your plan down

Yes, life obstacles may slow you down. So, return to your goal as soon as you can.

One individual had a little goal book that at the beginning of every year – she planned the goal for the year – I want a promotion to a manager! At the end of the year, she reviewed her progress – if not quite there, she wrote the same goal down again.

Overcoming Old Habits

If the COVID health economic issues have taught us anything

It is this, forced change is tough, especially if you are used to:

- sameness
- complacency

- just going along to get along,
- it is just not easy.

Because now, you have to challenge and motivate yourself to change your old habits

Change means developing new goals.

What should your goals be?

Only you can decide that!

It does not matter what the goal is – the end game here is to help you get to the finish line. That means putting financial \$\$ Dollar figures on those goals, then figuring out how to get them. Some may take a month, six months, a year, five, ten, twenty years.

Ask yourself if you have the tenacity to stick out these determined time frames?

Goals may be anything that is highly desired and relevant to you, plus a goal is not always about acquiring things:

- becoming healthier, a vivid reminder of COVID impact
- rebuilding a relationship
- just getting control of your finances!
- owning a home
- obtaining a graduate education for yourself, or for your children
- starting a long-term successful business
- jewellery, timepieces, electronics
- a vehicle

- a new career
- relocation
- a fabulous vacation.

One family wanted to buy a home – MORE THAN ANYTHING ELSE!

Every month they cut out new pictures of the home they wanted, pasting the pictures every where in their rented home.

Then they counted their savings each time they added to the pot.

Setting a personal goal(s) for yourself?

There are only a few steps. Imagine.

1. **FIRST, PLAN, PLAN** that when you are setting a financial (or any other goals) that **YOU HAVE THE ABILITY** to achieve them, no matter the obstacles.
2. **SECOND:** Make changes in your personal financial habits to:
 - a. Reorganize your thinking, if health focused,
 - b. put a progressive plan in place,
 - c. motivate by research and
 - d. Layout progress on your monthly calendar
3. **THIRD,** become very financially focused by figuring out the cost of the goal and divide by the number of months, or years, you think it reasonably could take to reach the savings goal.
4. Work with your spouse, partner, or family for motivation to stay on track.
5. Use the Internet for motivation, too. Millions of websites exist for goal setting, e.g.

www.goalbuddy.com

Take Action.

You have to believe in yourself and your ability to change, absolutely.

Remember, achieving goals will take time

Be persistent and consistent

Use motivational incentives to keep that goal top of mind – remember the home pictures

The personal satisfaction of achieving a goal cannot be underestimated!!!

What about our lady with the goal book? When I met her, she still used the same worn goal book twenty years on. And she had made multiple promotions in her career.

She motivated others to succeed!

References & Resources

GoalBuddy: The Complete Guide to Goal Setting. The Goal Buddy System

This free system was developed by two Bulgarian entrepreneurs, and is designed for working independently, or with the mutual support with a goal buddy. Well worth exploring for confidence, motivation and defining what you want out of life!!

These templates are to be used in the goal setting process and are part of the "Goal-Buddy" system.

They are free and accessible to everyone according to GoalBuddy. Download them, no email registration needed.

<https://goalbuddy.io/goal-setting/>

The Start - Goal Setting Step I, The Confidence Fuel Tank

Goal setting templates

<https://goalbuddy.io/templates/>

- A. The What I Want Manifesto - The idea is to help you figure out what you want from life
- B. The Vision Game Plan - The purpose of it is to choose a vision and then examine it from different perspectives until you reach an effective action goal.
- C. The 90-day Activity Focus - Print out the template and fill it out with your visions and action goals every three months as part of the process of setting the next 90-day goals.

Goal Setting Guide

[The Complete Guide To Goal Setting. Start Here](#)

[Goal Setting Quick Start Guide](#)

[Download the Goal Setting Templates](#)

[Step 1 - The Confidence Fuel Tank](#)

[Step 2 - The True Goals Discovery Process](#)

[Step 3 - The What I Want Manifesto](#)

[Step 4 - The Vision Gameplan](#)

[Step 5 - The 90-Day Focus](#)

[Step 6 - The Goal Buddy Support System](#)

[Step 7 - The Goal Buddy Meetings](#)

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