



UNDERSTANDING GREAT GOALS

Life Coach, Chris Martin

When you understand why you want to achieve a goal (and it's an enthusiastic why!) you're 90% there! Use these tools to help you understand goal setting and begin to create goals for the life you desire to live.

Great goals are: Outcome Focused

1. What is it that you really, REALLY want? Dig deep...
2. What is the SPECIFIC outcome you're looking for?
3. What is the PAIN for you of NOT achieving your goal?

Great goals are: Aligned with Your Values

The more a goal aligns with our inner or core values—the EASIER it is to achieve.

1. When you've determined what is REALLY important to you in life, then ask, "How will this goal help achieve more of that in your life?"
2. Is this goal something you (or someone else) thinks you SHOULD have or SHOULD be doing, more than something you deeply desire and will sacrifice to achieve?
3. Does this goal give you a sense of deep contentment or 'rightness', happiness and/or excitement?

Great goals are: Stated Positively

A focus on what you want is a powerful way to move towards achieving a goal. *Example: I want healthy, attractive fingernails rather than I want to stop biting my nails.*

Great goals are: S.M.A.R.T.

- S**pecific—so you know exactly what you're trying to achieve
- M**asurable—so you'll know when you've achieved it!
- A**ctionable (by you)—so you are in control and can get it done
- R**ealistic—so it is achievable
- T**ime-Bound—has a deadline



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Great goals: Identify Potential Obstacles

1. How will making this change affect other aspects of your life?
2. What's good about your CURRENT situation that might hinder making a change to achieve this goal?
3. What might you have to give up, stop doing, or change to achieve this goal?

Great goals: Set Clear Stages

1. Is your goal the right size to be working on to both challenge and inspire you?
2. What would be the MINIMUM/ Super-Easy level of this goal to achieve?
3. What would be your EXTRAORDINARY level of goal to achieve?

Great goals: Capitalize On What You Already Have

1. List personal qualities, knowledge, skills, money, time, etc. that you possess now.
2. List friends, family, business contacts, social connections, etc. that could support you in some way towards this goal.
3. Consider experiences that have provided understanding of what is required for this goal.

A Life Coach can help you on your journey with individualized tools and plans to help you set goals and live your purpose. Try a free session with one of our InterConnected Ministry partners.