

GOOD TO GREAT GOAL SETTING

5 TIPS TO TRANSFORM YOUR GOAL SETTING



BOBBYALBERT
VALUES-DRIVEN CULTURE



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Imagine where you could go in your life and what you could achieve if you accomplished your personal goals each year! Imagine reaching those goals and building upon them year after year.

Over the years, I've refined my goal setting process for greater success and higher achievement. We all make choices about how we approach our goals.

The five areas below represent five opportunities to improve your goal setting –and your results, over the coming year. I challenge you to consider these tips as you plan your goals for this year.

The practical advice and supporting wisdom from others can transform your goal setting – from Good to Great!

1

INTERESTS VS. COMMITMENT

To make this a banner year, you need to understand the difference between interests and commitment.

“There is a difference between interests and commitment. When you are interested in doing something, you only do it when it is convenient. When you are committed to something, you accept no excuses, only results.”

– Ken Blanchard

Lack of decisiveness has caused more failures than lack of intelligence or ability.

You need to have a mental no-choice list. If you never give yourself the option to eat dessert, you'll never have the struggle.

2

ALL AT ONCE VS. STAGGER START

Our tendency is to start ALL of our plans and goals on January 1. But when we begin working on all of our goals simultaneously, we quickly become overwhelmed. Then we're likely to quit pursuing ALL of our plans and goals.

“Success demands singleness of purpose. You need to be doing few things for more effect instead of doing more things with side effects.”

–Garry Keller

Change your thinking and stagger the start dates for your goals over the course of the year. This allows you to focus on one or two important goals at a time.

3

UNHEALTHY FEAR VS. HEALTHY FEAR

Healthy fears, like a health scare that stirs you to positive lifestyle choices now, produce good results.

Unhealthy fears, like comparing yourself to others or worried about what others will think of you, will cause you to freeze and not progress forward.

Unhealthy thinking reminds you of all of those past failed attempts and often sounds like “woulda”, “coulda” and “shoulda”.

Think about it, the new year is a time for new beginnings!

“The key to success is to focus our conscious mind on things we desire not thing we fear.”

–Brian Tracy

4

PERFECTION VS. PROGRESS

Many times, we design a goal or plan to achieve perfection in one area of our lives – which sets us up for failure.

We are looking for progress, NOT perfection as we think through our plans and goals for the coming year.

Your goals must be challenging but realistic. Reaching for perfectionism will only frustrate you, your friends, your family and your co-workers. You’ll give up before you reach perfection.

“Perfectionism rarely begets perfection, or satisfaction – only disappointment.”

–Ryan Holiday

5

TRIVIAL MANY VS. VITAL FEW

Managing priorities means having control over what you do. Your ability to choose between the important and the unimportant (or urgent) is the key determinant of your success in life and work.

Effective, productive people discipline themselves to focus on the most important task that is before them. As a result, they accomplish vastly more than the average person and are much happier.

“One reason so few of us achieve what we truly want is that we never direct our focus; we never concentrate our power. Most people dabble their way through life, never deciding to master anything particular.”

–Tony Robbins



Do you find yourself drifting aimlessly through life with no clear focus?
Do you want to set some truly aspirational (and achievable) goals for the coming year? Think about the transformation possible if you could actually accomplish your goals.

My Goal Planning Success (GPS) online course will help you chart a clear path to your grandest dreams. It offers practical and proven methods and tools that I use to set and reach my own goals – and it can help you too. Watch for more information about my GPS course, Where Dreams Become Destinations!