

Goal Setting to Drive Action

Goals are how we translate our intentions and commitment into action. Goals should be grounded in our purpose, vision and values and allow us to use our strengths to achieve the results.

What are your intentions?

What are you committed to achieving?

How are your goals aligned to your Vision and Purpose?

We can set goals in all areas of life, work, career, personal, family and philanthropy. Goals can be a desire for increased learning, improved performance, or fulfillment / peace in life. Keep in mind that to be successful it is best to set a couple of long-term goals - aligned to your purpose, and three to than five short-term goals. Too many goals can be overwhelming and distract from the larger picture.



Below are various tips to consider in setting goals:

The best goals are SMART: Specific and detailed, have a Measurable outcome, are Attainable, Realistic and set with a specific Timeframe.

Break down the goal step by step. Identify the small steps within the goal. Take the first step or two, monitor progress and adjust the plan if needed.

Just Do IT. Get started in the right direction. Determine what the ideal first step will be and use success or failure to determine your next step toward the goal. This allows creativity, self-discovery and experimentation. Use a reflective / learning process to determine your next step.

Catch the opportunities. This manner can be effective when you are very clear on your purpose and commitment to the goals you want to achieve. Using a high level of awareness, you may capitalize on the opportunities to take action to move your goal forward.

In determining which goals you will pursue it is helpful to determine which is **MOST** important to act on first.

Look for the low hanging fruit; the goals that are easy to achieve or will provide a ripple effect to the larger picture.



Ask yourself the following questions:

- Which goal, if NOT acted on, might have the biggest negative impact?
- Which goal if acted on immediately will have the biggest positive impact?
- How aligned is this goal to my purpose/mission?
- What will be the impact of achieving this goal?
- How important is this?

Having goals is an important way to achieving success in our careers and in life. If we don't know where we are going (our Purpose / vision / mission) and we don't know how to get there, that is when we are drifting. Highly successful people have identified their strengths, use them toward their purpose in achieving their goals. Its up to us how we access our potential to achieve what we desire.

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