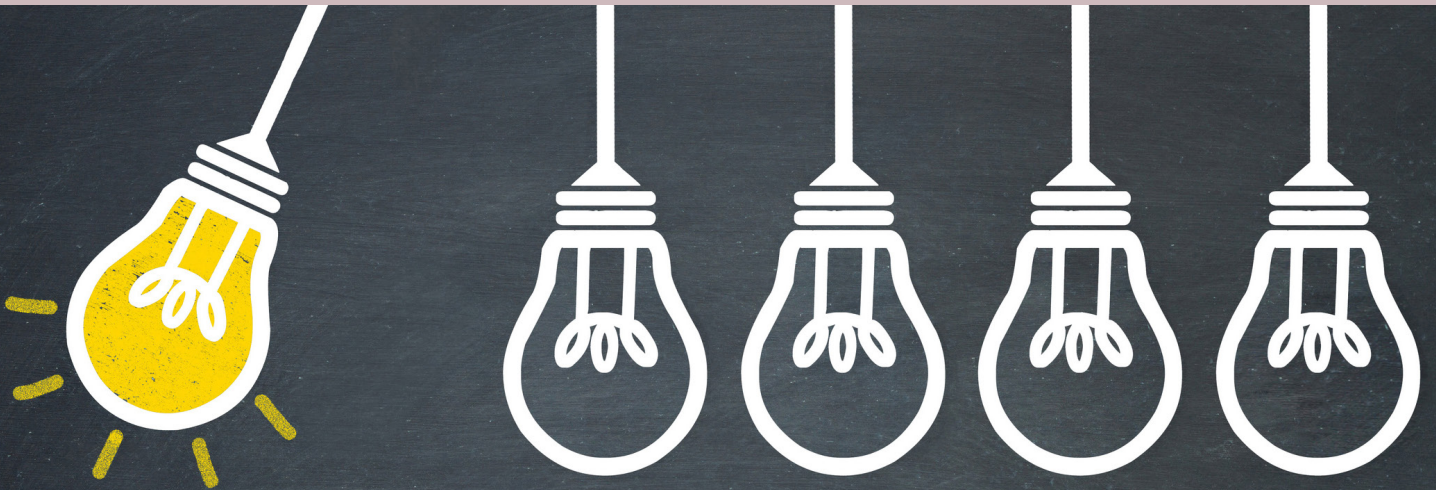




Wednesday's Child



WHERE THE SUCCESS HAPPENS

**Setting and Achieving
Your Goals**

Steps to Goal Setting

1. **Create goal completion and time-frame estimate**
2. **Make your sub-goals as detailed and specific as possible and commit to them**
3. **Review progress by setting aside time each week**

Before you set your goals it can help to know which areas of your life you want to improve. You might want to consider the categories below:

Health, Finances, Career, Passions/Hobbies, Intimate Relationships, Family Relationships, Leisure. State each goal positively. Answer the question **“what do you want?”**

When answering what do you want, you might default to saying what you don't want e.g. “I don't want to be overweight anymore”. When creating goals, it is important that they are well formed. It is best that they are stated in the positive, and achieving them does not rely on someone else.

Accountability

1. **Personal accountability**
2. **Partner accountability**
3. **Party accountability**
4. **Public accountability**

Accountability will help you to complete the goal. The power of each level of accountability increases at each higher level. The first level is personal accountability, holding yourself accountable.

To enhance personal accountability, consider crafting a mission statement or creating a scrapbook with relevant images, develop a set of beliefs, expectations for you to follow through on. Having an accountability partner who is supportive, trustworthy, firm and positive but firm and you can check in with on a regular basis is good for enhancing the process. You can make friendly bets and give rewards for completing the goal and consequences for not completing it.

Group accountability is the next level and is great if the group share similar beliefs, attitudes and want to succeed. You are committed to more people. The highest level of accountability is public accountability. This is when you tell everybody about your goal. Everyone you meet, write it on social media, websites.

Goal	Date to be completed

Sub Goals

Set sub goals and tasks to complete that will help you achieve your overall goal. Be specific about how and when you will do everything related to the goal. The more specific you are, the more likely you are to follow through with them each time.

Examples include:

- "Tomorrow at 7am, I will get up and spend half an hour at the most examining my art supplies and taking inventory. In my lunch break at 12:39, I'll go to the art store and purchase everything I need for the project."
- "Tonight, immediately after dinner, I will clear my art study and prepare all materials."
- "Mon, Weds, Fri: each session is a minimum 1 hour up to a max of 2 hours. The aim will be 1.5 hours. Each session will begin between 9 and 920 pm. I will work on the project for 1 full hour regardless of how I am feeling."

Goal:

Goal Task	Time Required	Schedule
Examine supplies and take inventory	30 minutes	7am

Which goal is the most authentically important to you at this time in your life?

Choose that goal to work with when completing the exercise below:

Goal:

What are the benefits of obtaining this goal?	What are the consequences of not completing this goal?

Now narrow list in to the top 5 emotionally intense benefits and consequences.

Goal:

What are the top 5 benefits of obtaining this goal?	What are the top 5 consequences of not completing this goal?
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

*Place list in highly visible place and review frequently.

How will you know that you've completed this goal?

What will you see?	What will you hear?
What will you feel?	What will be different?

What will happen when you have achieved the goal?

Reviewing Goals

Review progress. Each week until the goal is completed, spend time reviewing progress and readjusting time of completion. For example, every Sunday night after dinner I will spend 10-20 minutes reviewing my progress. You can also use the review to set expectations for next week. As a bonus, you can give yourself a reward each week if you complete what you set out to do.

I have left some space for you below to note down any observations you noticed about yourself that you noticed this week in relation to your goals.

You can also use it to generally keep track of how well you are doing in relation to your goals, or however else you see fit.