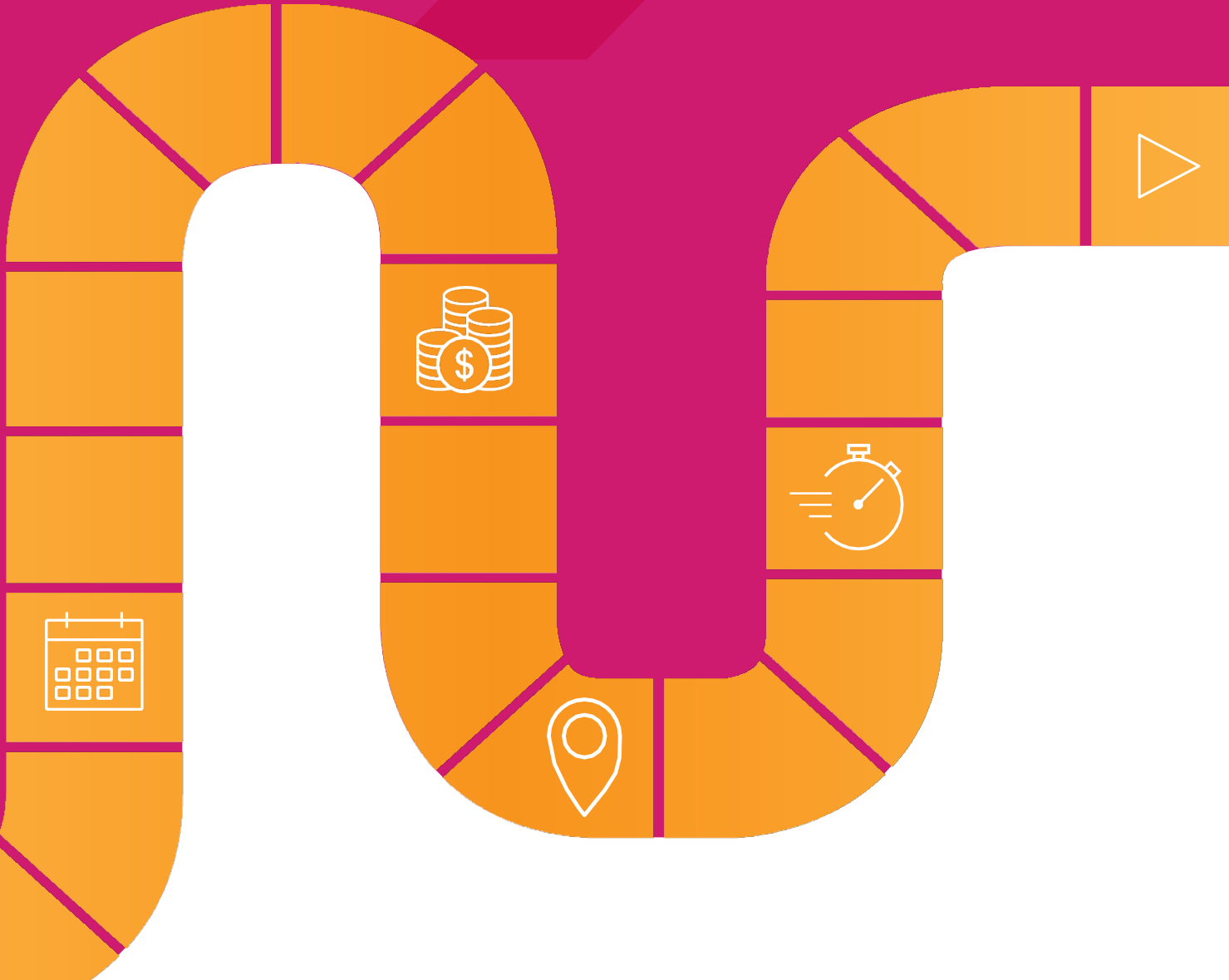


THE 8-STEP GOAL SETTING GUIDE

Christine Carter





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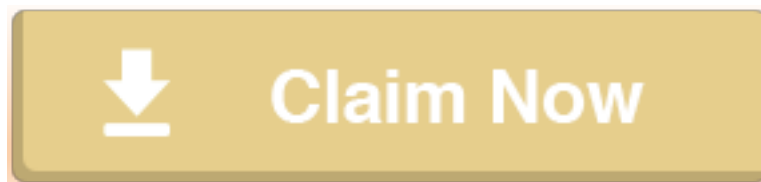
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The 8-Step Blueprint to Rewiring Your Mind for Success!

Is it true that you can really achieve anything you want to in life? The quick answer is “YES.” Of course, there will be some limitations on what you can accomplish, but for the most part, you can surprise yourself when it comes to just what you can manage. That’s why it is so important to shoot for the moon; with this approach, you can at least land amongst the stars. Have a goal, have a vision, and to really go for it. Don’t let anyone tell you no, and don’t give up when the going gets a little tough.

These are all nice platitudes that make you feel good and motivated to achieve your goals. But what if you don’t know what it is that you want to achieve?

What if you want a change or reset?

What if you have lots of goals?

There are answers to all these questions, and it starts with knowing how to create meaningful goals. Once you learn to identify what you want and what your passions are, you can start to make your dreams happen.

And once you know how to write goals properly, you'll find that it's much easier to execute on your goals and to follow them through to completion.

In short, writing goals correctly is the key that can unlock all of life's riches. The good news is that this is something that you can learn. So, let's dive into goal setting – how to write meaningful goals and how to create an action plan to actually achieve them.



Step 1: Discover Your Passions

The first thing to do is discover where your passions lie. When we have a passion, it brings us to life. It animates us, it makes us more charismatic, more inspiring, more exciting to be around. Passionate are innovators, they lead the charge while everyone else just follows behind.

Your first step is to find that passion, and that means you need to think hard about what makes you come alive.

Discard all the things you think that you're supposed to like. Forget all the things you were told to go after in your life. And instead, ask yourself when you were last happiest. Ask yourself what you would spend your money on if you had a billion dollars. Ask yourself what you would do right now if you had nowhere you needed to be and no limitations.

Ask yourself: When the last time you worked on a project was that really got you inspired? When you last felt enraged at the state of things and driven to fix them?

If you pick a goal that doesn't speak to your passions, you won't have the strength to go through with it. And if you do, then you'll be disappointed with the outcome. This step is essential.

If money, time, and location were no object, what would you do?



My Passions:

Step 2: Create A Vision

A vision is not the same thing as a goal, but it's a great foundation upon which you can build your goals. So, what is a vision?

Essentially, this is an abstract idea – an image of what you want your life to be like. This is aspirational. This is something that should shape your behaviors and decisions. Don't worry about the details, you are just picturing what life might be like in a perfect world.

Everyone is different. Some want to live in a massive house and be incredibly rich. Others will see themselves as the author of a best-selling novel. Others will just want a quiet space to spend time with their family. These are all perfectly valid visions, so sit down, close your eyes, and imagine what you want your life to be like from now on. No expectation, no rules, just an image of what your perfect reality would look and feel like.



My Vision:

Step 3: Write A Mission Statement

Now, you're going to use your passions and your vision to create your mission statement. This is a commitment that you are making to a certain lifestyle. Your mission statement will help you identify your long-term and short-term goals.

Companies have mission statements, and these are distinct from their products or what they "do." A mission statement should incorporate both what a company intends to do and why it intends to do it.

So, a technology company might make computers, but this is not the mission statement. The mission statement is the driving force behind that determination and the unifying set of principles that connect all their products.

A mission statement might therefore be something along the lines of "creating technology that allows people to create more and be more productive." This is actually very similar to Microsoft's mission statement.

Or the mission statement might be "to create beautiful, desirable technology that fits your personal style."

These two mission statements work for technology companies, but they paint a very different picture of the type of technology they produce and the reasons they produce it. Moreover, you can imagine that the guiding principles in designing those products would be very different for the two companies.

Now you're going to write your own mission statement. Take into consideration all the things that matter to you - your passions, your skills, and your vision. In other words, take into account everything you have considered thus far and reframe them as a promise.



“Jane’s mission is to explore new frontiers in science, in relationships, and around the world.”

“Sarah’s mission is to be the best mother, wife, and sister that anyone can be.”

“Joan’s mission is to live life to the fullest, to be present in every moment, and to capture pure joy.”

“Cindy’s mission is to achieve her full financial and professional potential and to establish herself as a powerful and influential leader.”

What’s your mission statement?



My Mission Statement:

Step 4: Choose Concrete Long-Term Goals

Now that you have your vision and your mission statement, it's time to write some long-term goals.

These should help you to make your vision a reality, while at the same time fulfilling the mission statement that you have written for yourself.

A good example of a long-term goal might be to get married and have children, it might be to create a beautiful home, it might be to travel the world, or it might be to become a famous rock star.

Again, don't feel limited by what you can and cannot do.

Do, however, think about whether the goal you're setting yourself is really going to lead to happiness. And moreover, think about how it will work with your routine and your current lifestyle. Try to actually picture and visualize what the lifestyle you're imagining will be like. Run it through in your head and try to live it in your mind's eye. Is this really what you want?

I say this, because sometimes we can have goals and visions that involve looking at life through rose-colored glasses. For example, you might picture yourself being a highly successful CEO, running your own business, and wearing expensive suits all the time. That sounds great until you realize that the reality is being on the phone all the time, traveling, working until 11 pm, and having little time for your family.

So really think this through and make sure you are certain. One of the only things worse than failing to make your dreams a reality is to actually achieve them only to find that you are not happy with them!

Start with the lifestyle and your feelings, and then build the career, the circumstances, the relationships, etc. that will support your vision.

It's important to note that you don't need to focus just on your professional career. This is a big mistake. Success comes in many forms, and often, the things that make us happiest have little to do with what we get paid for.

Why work longer and longer hours to earn money to become the thing you want to become, when you could work less and follow your passions in your spare time?

Step 5: Make A Plan

Now that you have your overarching goals, the next thing to do is to come up with a strategy for how you're going to make them a reality. What you need is a plan and a method that you can use to go after the things you want and claim them in your life.

This is where you need to be creative, resourceful, and determined. It's also where you might need to think a little more abstractly.

You can achieve anything; you just need to think hard about how you're going to make it happen.

For example, you might wish that you were a famous musician and feel as though that's really not possible right now, seeing as you're older and you can't play any instruments. Admittedly, that's not a great start, but we can work with it!

What you're going to do is to think of alternative ways you can start making your goals happen right now. In this case, you might learn to play an instrument and make a YouTube channel where you upload videos of you playing. Then, as you get more comfortable, you could then upload videos to help other people learn an instrument or particular style of playing.

If you're a good teacher and you have a fun personality, you can build a following and eventually – as you improve – that exposure could lead to a modicum of fame. Maybe even a recording contract.



My Plans:



Step 6: Think About The Feelings

But if you're not a famous musician and you never get that recording contract, it really doesn't matter.

Why? Because you're already making music and being seen by lots of people. In that sense, you're fulfilling the heart of your goal and you're getting the same reward.

This is why we started off with something abstract and only now moved to something more concrete. As long as you follow your mission statement, you can express your passions in a myriad of ways.

Want to be a famous musician? Could you not get the same excitement of playing on stage by playing at a local club? At least it might be the next best thing. Or how about booking a wedding gig? There are always ways to make versions of our dreams a reality.



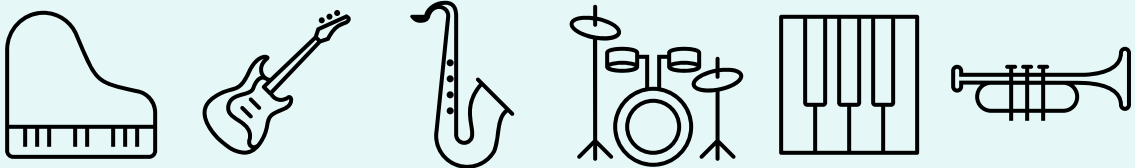
The Feelings:

Step 7: Break It Down

Now that you have a version of your goal and a concrete plan to work towards, you need to create your smaller, short-term goals.

These goals should be simple, immediate, and pass-fail. They need to be entirely within your control, and they need to serve as stepping stones to living the life you want.

For instance, if your goal is to be a famous musician, then you start by learning an instrument. And that means your new short-term goals could be to take a lesson every Monday to learn your instrument and to practice every night for 20 minutes.



This works best because it doesn't let you make excuses. You're either working on your goal or you're not. Keep it up and the big rewards will take care of themselves.



My Short-Term Goals:

Step 8: Review, Assess, And Continue

You now have your steps and your overarching goals that should lead you toward happiness and fulfilment. The last piece of the puzzle is to work the plan, and at the same time, keep revisiting and altering your goals as necessary.

That last bit is important because people and circumstances change. You might not get everything right the first time around, and that's OK. Make sure you are continually reviewing your progress so that you can adapt your goals where necessary. Stick with them long enough to see if they work, but don't stick with them out of stubbornness if they don't work.

It sounds corny, but ultimately you need to follow your heart. When you do that, you'll love everything you do, and you'll get an incredible sense of purpose simply from trying to make your dreams reality.



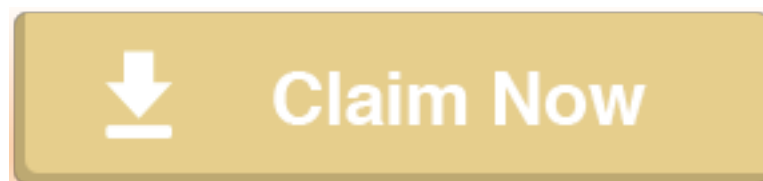
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