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Goal Setting

The Oxford Dictionary defines “goal” as follows: Point marking end of a race.

The key aspect here is the end. So, where we are does not matter as much as where we want to go.

Unfortunately many a time we only know where we are with no clue of where we want to go.

Or sometimes, we have vaguely thought of where we want to go but continue to focus on where we are.

Goal Setting helps us decide where we want to be in our education and our career. It helps us to manage our time better by focusing on what we want and eliminating the distractions from our lives.



We could set Goals in:

- ✓ Career
- ✓ Family and Friends
- ✓ Romance
- ✓ Recreation
- ✓ Health
- ✓ Money
- ✓ Personal Growth
- ✓ Physical Environment

Steps for setting and achieving Goals:

1. Know what you want!
2. Why do you want it
3. Check if you have a SMARTER goal
4. Ecology Check
5. Identify Resources
6. Use your unconscious mind
7. Develop and action plan
8. Commit to your action plan
9. Stay focussed
10. Analyse, adapt, evolve.. Repeat!