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Summary: Setting SMART Goals – How To Properly Set A Goal

I have been able to understand the importance of how you set your goal. Like everyone every new year I make a little list of goals throughout the year, this goal always ends up unfinished and forgotten. I now know setting a unclear goal without a checkpoint for me to reflect and adjust the goals for my self is wrong. I need specificity when I set goals, so I know where I need to be and if I’m behind. I also probably need to lower my expectations with my goals. I’m not going to become the most successful person alive by the end of the year and I should not expect that. I should instead try to better my self in a bunch of little ways. Having multiple goals set will keep you busy and help you accomplish more than you could ever imagen instead of shooting for huge goals. I’m my opinion the most important thing on this list is trying to keep your smaller goals relevant for your much bigger one. If I want to save up money to start a business, then one of my goals should not be to revamp my style and buy a bunch of cloths. That would just be a distraction for myself. Every smaller goal is a part of the bigger picture for what I want with my life.

Summary: Unleash the Power of Goal-Setting

I can’t just give myself an idea that I want to accomplish like get a six pack. I need to make a step by step plan to reach that goal if I set a goal without a plan it’s just an idea or a wish that will never come true without some action from myself. Not only that but I need goals that push me, if I set a goal every day as simple as, eat dinner I won’t feel like I’ve accomplished anything because I do that anyway. I need to make strides with myself and my personal health in different ways. A very important part of sticking with your goals is remembering what those goals are. Constantly try to remind yourself of what you are trying to achieve in your day to day life. And maybe you will start looking at those goals differently. For example, if you want to lose 10 pounds and you remind yourself at work that you want to achieve this. Mabey you will start taking advantage of your standing desk. One of the most important things is getting over obstacles that stand in your way. Nobody gets to there goals without unthought of obstacles, yet people let that get in there way every day. But if you push yourself through these hardships you will come out better and more ready to accomplish your goal than ever. Don’t make a mountain out of a molehill