

Set your sights, set your

goals!

A simple step-by-step guide to setting compelling goals!



By David Savage
Leadership Coach & Founder
of BeAmazing.co.nz & Zingabeam.com

Intro by David Savage

I've helped hundreds of people set life-changing goals and the steps, as provided in this tool, are simple yet powerful!

With goals you have a clear direction, purpose and something to strive for, and this can make a huge difference to the life you lead today, tomorrow and way into the future.

I would also seriously consider working with a Coach for three important reasons:

- They'll resource you to succeed.
- You're likely to achieve bigger 'stuff' more effectively.
- They can help develop you as a person too.

Either way, having your goals is an important start and this tool puts you in the driving seat to create those goals.

Remember, the goals you'll achieve are goals that excite you, so think big!

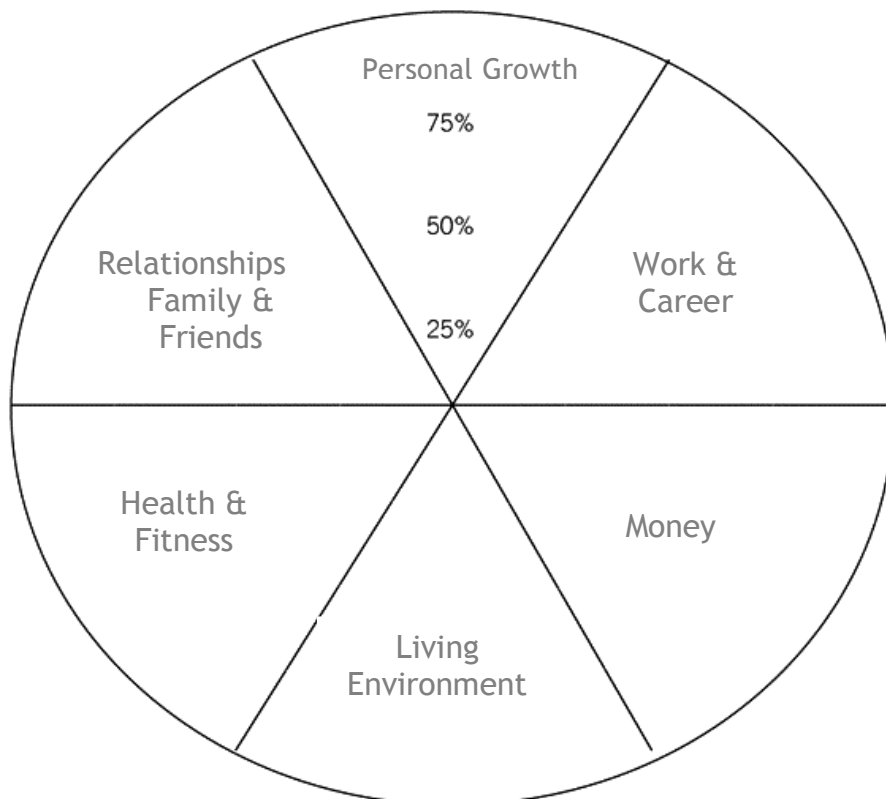
be bold and be amazing!

David Savage

Step One: How satisfied are you?

This first step will give you an overview of your life right now, showing you which areas are working and which need some more focus. Writing inside the wheel, indicate your current level of satisfaction for each segment.

Scale: 0%=Total Dissatisfaction, 100%=Total satisfaction.



Step Two: Future-Focus

Now you have a view of your life 'as is', start thinking about your future.

For each area, ask this same question:

What would be different if I was 100% satisfied in this area of my life? (What would raise your level of satisfaction towards or beyond 100%). Outside of the circle, write down your answer in keywords.

Example 1: Work: 'More challenge', 'Promotion', 'Better work relationships'

Example 2: Relationships: 'More time with family', 'Better communication'

Your answers are your first step towards defining your goals. At this stage make sure you stick to 'what would be different'; it's not useful to elaborate on what's not working.

Step Three: Energise Your Goals

Now we'll move on to wording your goals, as the words you choose have a major impact on how you pursue them. The trick is to take the keywords and use them to define an outcome-focused goal.

Here are some tips:

- A) For each area, using the keywords write a goal statement in six words or less
- B) Make your goals outcome focused, i.e. written as if you've achieved them.
- C) Ensure they're positively geared, such as '16k saved' as opposed to 'Out of Bad-Debt'.

- D) Add in energy - words that capture your excitement about the goal - each goal should be motivating every time you read it.
- E) Make sure there's a stretch in the goal!

Here are some examples of energised goals compared to plainly written goals, you can easily hear which ones are more inspiring to achieve.

- Loose weight down to 65KG vs. **Flying high at 65!**
- Create more work/life balance vs. **Play hard, work hard**
- \$16k Saved vs. **\$16k of financial freedom**
- Run longer distances vs. **Fit to run all day!**
- Being active in my community vs. **Leading a healthy community**

Well done!

Now you have your goals, you also know where you want to take your life. To help you on your way, here are some final tips:

- Display your goals loud and proud
- Share them with someone who'll support you
- Book time in your diary every week to work on them
- Create game plan for each goal
- Book a trial session with a coach and make it happen at super-speed!

Remember ***You make it happen!***