



Life Review Project

Now that you have done your Vision Quest or Personal Retreat, completed the VIA Strength Character Assessment, and the Evolution Quadrant, it's time to create some smart goals based on your strengths and vision for your future. Hopefully you have a greater vision of yourself, who you are, what you value, and where you want to go from here. Look at your Life Review Assessment together with your information from your retreat and decide on a category you would like to improve in your life. The 18 categories are:

My spiritual life

My personal relationships (spouse)

My friendship/support relationships

My extended family

My relationship with my children

My health (overall)

My exercise plan (structure/commitment)

My eating habits

My joy/happiness (overall)

My extracurricular activities (doing activities that refuel me)

My self-care plan

My career

My plans to grow toward a career I desire

My overall financial health

My comprehensive understanding of my financial life

My dreams

My stress level

My desire to work honestly and intentionally toward my life



First, Cast Your Vision

This vision should propel you forward as you seek to fulfill your purpose for your life. The vision statements you make here will serve as a guide for goal setting, and ultimately help you decide on what's most important to you at this time in your life.

Category:

My Vision:

Second, Consider Goals that Line Up with Your Vision

Relationship goals might focus on connecting with others in marriage, family, work, or church. Examples of relationship goals could be:

- To practice better conflict resolution skills
- To learn how to encourage each of my children

Work-related goals might include career planning, project completion, or meeting quotas. Examples of career and work goals could be:

- To investigate work-from-home opportunities
- To increase my monthly sales production

Financial goals might concentrate on budgeting, debt reduction, or saving for future expenses. Examples of financial goals could be:

- To take a course on personal investing
- To create an emergency fund

Health-related goals might include lowering stress, getting physically fit, or losing excess weight. Examples of health and fitness goals could be:

- To identify and utilize new stress management techniques
- To participate in a comprehensive exercise program



Creating S.M.A.R.T. Goals

Specific - A specific goal has a much greater chance of being accomplished than a general goal. EXAMPLE: A general goal would be, "I want to get healthier." A specific goal would be: "I will go to the gym or meet my walking partner four times each week and workout/walk for 45 minutes for the next three months."

Measurable - Establish concrete criteria for measuring progress toward the attainment of each goal you set. To determine if your goal is measurable, ask questions such as: How much? How many? How will I know when it is accomplished?

Attainable - When you identify goals that are most important to you, you begin to figure out ways you can make them come true. You develop the attitudes, abilities, and skills to help reach them. You can attain most any goal you set when you plan your steps wisely and establish a time frame that allows you to carry out those steps. Goals that may have seemed far away and out of reach eventually move closer and become attainable, not because your goals shrink, but because you grow and expand to match them.

Realistic - To be realistic, a goal must represent an objective toward which you are both *willing* and *able* to work. Your goal is probably realistic if you truly *believe* that it can be accomplished. Additional ways to know if your goal is realistic is to determine if you have accomplished anything similar in the past or ask yourself what conditions would have to exist to accomplish this goal.

Timely - A goal should be grounded within a time frame. With no time frame tied to it there's no sense of urgency. If you want to lose 10 lbs, when do you want to lose it by? "Someday" won't work. But if you anchor it within a timeframe, "by December 1st," then you've set your unconscious mind into motion to begin working on the goal.

It may help to consider your vision statements before creating SMART goals in each key area. For example:

Organization

My Vision: To keep my house clutter-free

My SMART Goal: To develop a 5-step "clean house" system that will take less than 30 minutes a day and implement it for the next 90 days



Now, Develop Your Own SMART Goals

Although you probably have items in each category you would like to accomplish, the next few questions will help you narrow down the list to just one goal we will call your *focus goal*. The first task is to determine if your focus goal lines up with these statements:

- This goal is achievable in a specific period of days, weeks, or months
- This goal has eluded me thus far
- I need help to achieve this goal

When you're satisfied that you have locked in on the one SMART goal you wish to make your *focus goal*, you should write it in the form of a declaration. The dictionary defines "declaration" as follows:

- A formal or explicit statement or announcement
- The formal announcement of the beginning of a state or condition
- A written public announcement of intentions or of the terms of an agreement

Category:

My SMART Goal:

My goal is to . . .



Finally, Develop Your Action Plan to Achieve This Goal:

After you have set your goals, an action plan will help you create the smaller steps towards success. Brainstorm multiple ideas or actions for your goal. Complete one at a time. If this action or idea does not work as you expected, then you will already have some alternative ideas to help you remain focused and on target.

One thing to consider when attempting to reach your focus goal is the fact that there may be a number of obstacles that will hinder you from moving forward. Personal obstacles would include those related to your psychology, behaviors, and state-of-mind. They can also include unhelpful habits, debilitating emotions, paralyzing fears, and limiting beliefs. Social obstacles are related to people who either do not cooperate with you, sabotage you, or are simply unable to fulfill the responsibilities assigned to them. Environmental obstacles are often unexpected conditions, occurrences, and circumstances that you have very little control over.

In the section below, describe four action steps you'll be taking that will help you reach the focus goal you have selected. Next, identify a possible obstacle for each one, and a plan to overcome that obstacle. Write these out in complete sentences.

1. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

2. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:



3. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

4. My Action Step:

A Possible Obstacle:

My Plan to Overcome Obstacle:

My FOCUS Goal:				
	Idea or Action	Due Date	Possible Obstacle and Plan to Overcome	Status
1				
2				
3				
4				

How will completing this project and successfully reaching your focus goal help you both personally and professionally?