

WOW's 6 Rules of Goals Setting Success

Rule 1: Make it all about you!

Every goal must yield a personal benefit for you, there has to be a payoff at the end of the goal, that creates something you truly want to have happen.

For example; lets say your ex is a really unkind person and every time s/he does something it seems to be to annoy you. You react, which fuels the ex's desire to "getcha" again...You could set a goal that looks at how to retain control of your emotions and "not react" when baited. This pays off for you by lowering stress, reducing your anxiety and releasing your ex's ability to bait and control you. In essence, you can take control of the relationship.

Rule 2: Make it Realistic

Most goals are to be achieved too far in the future, creating an air of perpetual challenge.

As an historically agrarian based culture, we are used to dealing with "crop cycles" of about 6 to 9 months. Our ancestors planned our crops, tended them and then harvested them. They realized the fruits of their labour in a relatively short time frame. We still carry their genetic pre-disposition to "meaningful work" or work we can see the results of. The planting and harvesting of crops was a realistic and achievable activity.

As a farmer, we would never plant crops like oranges in Canada. So, why would you set an unattainable goal?

Rule 3: Break it Down

Because of the constant exposure to a fast paced life, we need to be able to set goals that enable us to see results, in a snapshot. Most people set goals that take 1 to 3 years. These take so long to realize that we don't see our success soon enough to maintain our momentum. your goal steps should be achievable within the 21 day window.

Rule 4: Use Effective Tools

You should always employ effective tools in the execution of your goals. Use a time management system such as tasks in your email program or in your planner book (daytimer) and use the "My Inventory" sheet to ask others to help you stay on track.

Rule 5: Make Time

The most common issue I hear with goal setting is: "I was going to but, ___ happened" in other words: Life got in the way. The best goals are ones where you have scheduled time and allowed for the fact that life will get in the way. Most goals can be achieved with a planning/execution time frame of about 5 minutes per day. This means that each and everyday, I am going to dedicate at least five minutes to some activity that moves me closer to my goal. If life happens, stop, pause and then execute once again. Don't let life get in the way of your life - take control of your destiny.

Rule 6: Execute

Don't make excuses. If it's worth setting the goal, it's worth taking action. If you can't find the motivation or energy to take action, you chose the wrong goal. Use your tools and A.S.S. support system to stay motivated and take action every day. If you find you can't get motivated one day, do double the next. A good goal requires your action.