



# Setting and Reaching Goals

Goals are a unique combination of:

**Tactics**—what do I need to do to accomplish this goal?

**Aspiration**— what can I accomplish if I put my mind to it?

**Faith**— I believe that I can accomplish this goal.

**Commitment** - I'm going to dedicate part of my resources to making this goal happen.

Goals need to be aspirational—just outside your comfort zone and still within the realm of possibility:



Once you've identified the goal

You need to stop focusing on it. Focusing on the goal doesn't propel you to it. You need to shift your focus from the goal to the next step. What is the next step you can take toward the goal?

Here are some ways to help you keep your goal on track:

- 1% - the concept of 1% is that you will eventually achieve your goal by making 1% progress each week. If your goal seems overwhelming, remember the 1%
- Tell somebody—if you tell somebody about your goal, you are going to feel more accountable for following through.
- Reward yourself along the way—the goal is the big prize, but each accomplishment along the way should be celebrated in some way.