

Goal Setting

Goals are building blocks to success. Goals or outcomes are vital for long-term vision and short-term motivation, focusing your energy, setting a standard to measure yourself for improvement, providing a challenge or sense of purpose, as well as a sense of achievement when the goal has been met.

By setting goals, it will also help with raising confidence as you increase your competence.

Take note of where you are now, what standard you are at and what it is you want to achieve.

By setting the goal or goals, you are committing yourself to a journey from where you are now to where you want to be. Think of it as the starting line in a race.

Task

Make a note of where you are today and where you want to be in 12 months. Now that you have a long-term vision, start to break it down into small outcomes you want to achieve each month.

Create an action plan for you to achieve your career/performance goal in 12 months' time.

In 12 months' time my goal is _____

To achieve this goal I will _____

My target in two months' time is _____

My target in four months' time is _____

My target in six months' time is _____

My target in eight months' time is _____

My target in 10 months' time is _____
