

Goal Setting

In order to move forward we need to set goals which can be both short term and longer term. This is particularly useful if you are suffering from motivational problems, that is you can't seem to get started or you can't achieve anything. Also you can set yourself a reward once you achieve your goal.

Keep the goals simple, achievable and measurable.
Be specific.

The first stage of the process is getting your ideas on paper.

What goals do you want to achieve? Don't worry about being specific at this stage.

Now try to use the goals by defining them by time period and then by priority.
List them below by time period, either daily, weekly or monthly.
After each goal, number them in order of priority with '1' being the highest priority or most important goal for each time frame.
Identify a suitable reward for each time frame or goal

Daily Goals

1.
2.
3.
4.
5.

Reward

Weekly goals

1. _____
2. _____
3. _____
4. _____
5. _____

Reward _____

Monthly goals

1. _____
2. _____
3. _____
4. _____
5. _____

Reward _____

In six months I want to achieve...

In one year I want to achieve...

In five years I want to achieve...

- 1 _____
- 2 _____
- 3 _____