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Goal Setting

How do you start setting goals? ... And reach them .

1. Identify the behavior, area, habit, pattern you wish to change or reach. Think of the values you wish to satisfy.
2. Select a specific thing to change.
3. Write a goal. Goals tell you what you want to change and how you are going to change.
4. Think of small steps you might take to reach your goal. These are your objectives. These are the steps you plan to use to accomplish your goal. They should be realistic, measurable, and flexible. Hints: Set your initial objectives close to what you now are doing. Make a few changes. When you are comfortable then set another goal and change some more.
5. Identify the things that might influence your success. Think of the things, events and people around you that will help you reach your goals or hinder you. Make a force field analysis of these elements.
6. Brainstorm ways to use your environment to help you. How might your family and friends help you? What are some of the thoughts or emotions that you have that will help you reach your goal? Measure your progress. What are some ways that you can use to reward yourself when you accomplish your goals?
7. What steps will you take to maintain the changes you have made and support yourself when you reach your goal.