




reach your goals


a goal setting presentation
by Living Amped



what is a goal?



According to Wikipedia, a goal is a desired result or possible outcome that a person envisions, plans and commits to achieve.



why set goals



Goals give you direction. It allows you to stay mentally and physically focused on the road to where you want to go.



types of goals

Short Term Goals

Goals you can achieve in a short period of time.

Long Term Goals

Goals that are more far-reaching because these goals take longer to achieve.



”

**Managing goals can give
returns in all areas of
personal life.**



“



WHAT MAKES GOALS



unrealistic



UNTIMELY

Sometimes our goals don't align with the timing in our lives. It can coincide with other issues.



RESOURCES

Maybe we set goals that require too many resources that we are not able to fund or sustain them anymore.



GENERAL

Writing goals that aren't specific cannot help us achieve it because we don't know what we're doing.





"Setting goals is the
first step to turning the
invisible into visible"
Tony Robbins.

set smart goals



S

SPECIFIC

You should know the outcome of your goal

M

MEASURABLE

You should know when you will have reached your goal

A

ACHIEVABLE

You should be able to achieve your goals

R

RELEVANT

Will your goal help you in the long run?

T

TIME-BOUND

Set a time frame for your goals



add action steps?

Each SMART goal needs 1-3 action steps. These are actions you would need to do to help achieve that specific goal goal.



FINAL



checkpoint



SMART

Does the goal meet the SMART goal guidelines?



ACTION STEPS

Does the goal have one to three action steps?

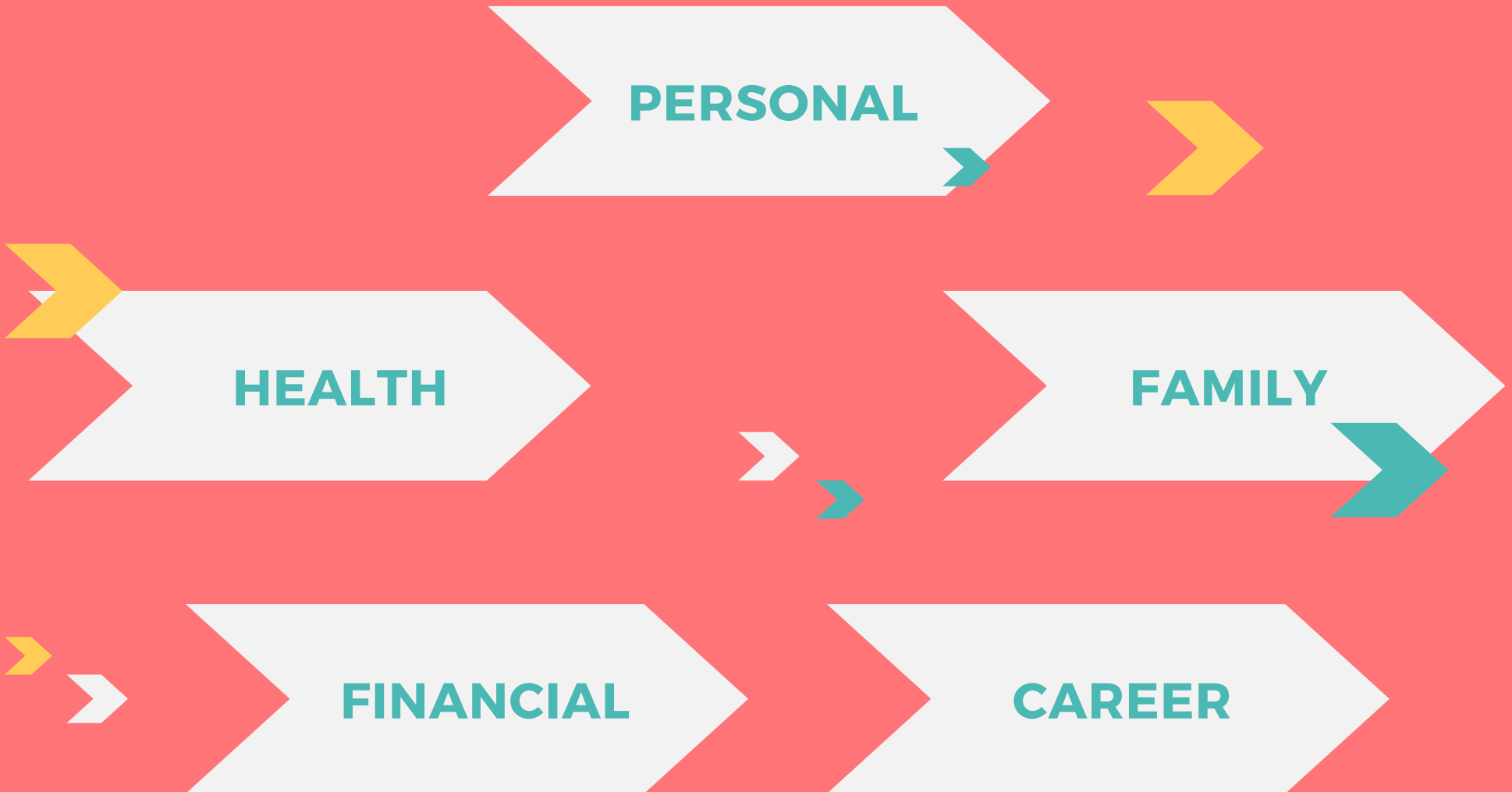


WRITTEN

Are the goals written down & placed where you can see them daily?



five areas to set goals





use the format

"I will _____ by _____"

**to set short and long term
goals**

My Goals

Here is examples on how to set SMART goals with ACTION STEPS in the five recommended areas. This can be applied to both long term and sort term goals.

	GOAL	ACTION STEP 1	ACTION STEP 2	ACTION STEP 3
PERSONAL	I will earn a certification in under water basket weaving by 8.28.20.	Research different companies that offer this certification.	Confirm I have the funds to afford this certification.	Organize personal schedule to reflect the time needed to study for this certification
FAMILY	I will take the family to Disney World by 12.31.20	Plan and set a date in the calendar	Evaluate financial obligations and set up a bank account just for trip.	Research deals and to-dos while in Disney.
CAREER	I will earn a promotion by 8.28.20	Do research to see what promotions are available and if I qualify.	Schedule and attend 1:1 meeting with boss to discuss my options.	Register for any additional certifications needed for promotions.
HEALTH	I will lose 10lbs by 8.28.20	Find a gym/trainer/program I enjoy and sign up	Schedule/block off time to exercise.	Meet with a nutrition coach to create a plan
FINANCES	I will increase my savings by \$10k by 8.28.20	Calculate my current financial state.	Find & apply for side jobs.	Set up an auto draft on payday to transfer \$X to savings.

My Goals

	GOAL	ACTION STEP 1	ACTION STEP 2	ACTION STEP 3
PERSONAL				
FAMILY				
CAREER				
HEALTH				
FINANCES				



**thank
you!**

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