

Steps in Goal Setting

Goal Setting sounds like a really big project and most people are surprised to hear that we set and meet goals every day.

It happens when we get dressed in the morning and think to ourselves, "How do I want to look today? What do I need to do to look nice? Which clothes, hair style, neck tie, will do it? How do I look? Did I achieve it? Would I do it again?"

It happens when we play sports and the anticipated outcome is a win, when we play music and the anticipated outcome is a concert, when we take a job and the anticipated outcome is success and, when we learn to drive and the anticipated outcome is driving independently.

There are some steps that happen every time we set a goal for ourselves, large or small.

First we have to decide what we want, in life or for lunch.

Then we think about what we need to get what we want. Sometimes it is resources like people or money and sometimes it is actions like writing an essay or doing community service.

When we know what we want and have figured out what we need to get it, we make a plan of action, a strategy for using our resources to carry out our plan. In a football game a win is the goal and the team players are the resources the coach uses to achieve the goal.

All that remains is the taking of the prize, scoring the goal, getting that driver's license! Sometimes it goes that smoothly and sometimes not. Either way, when we've carried out our action plan and arrived at an outcome, the last step is to evaluate.

Things to think about would be: Was my goal realistic for me, was my plan reasonable, what obstacles did I encounter, how did I overcome them? Would I do it this way again?

Each effort brings a measure of success even when it doesn't go exactly as you might have hoped. Knowing how to set goals and work toward them is a life skill that will serve you well.