

Types of Goals

Goal Worksheet

When it comes to setting goals, there are two distinct types of goals, one will allow you to make incremental gains and the other will create a quantum leap effect. As you progress through life and your career, if you are wanting to achieve anything of any significance, you need to know the correct type of goals to be setting.

Goals typically fall into two categories. They are either 'Mundane' or they are 'Inspirational'.

When setting goals, it is important to understand the difference between the two types to ensure you are setting yourself up for success.

A '**Mundane Goal**' has the following characteristics:

- It's what society thinks you should be, do or have
- It's what your family and friends say you should do
- It's something that you already know how to achieve
- It's something that should be on a to do list
- It lacks opportunity for growth
- It's rewards are short lived
- It's attainment affects only you
- It keeps you in the security of your comfort zone
- It feels safe and familiar
- Leads you nowhere

An '**Inspirational Goal**' has the following characteristics:

- It challenges the status quo and your existing internal program
- It's what you have always dreamt of doing
- It frightens because you have no idea how to make it happen
- It will draw out your hidden skills, talents and
- Its attainment provides opportunities to you and others
- It will cause you to grow and become better than you currently are
- It makes you feel motivated, inspired and scared all at once
- It will force you to take risks, back yourself and try new things
- It will lead to mistakes and perceived failures along the way
- It will encourage you to be bold and courageous
- It will highlight your strengths and passions
- It requires you to seek help and advice from others
- It's more about the journey than the end goal



Types of Goals

Goal Worksheet

Scary and exciting are two powerful feelings that your goal should bring out. Scary is a good thing because it means you're pushing your boundaries and excitement signifies that your goal is genuinely close to your heart and not something you're doing to please someone else or to conform to society's expectations or the status quo. As Joe Vitale says "A good goal should scare you a little and excite you a lot."

When deciding on your goal and to ensure it is Inspiring to you there are some questions you may like to ask yourself such as;

- What would I do if I knew I would succeed and money was not an issue?
- What do I currently do that makes me feel alive when I do it?
- Am I aiming for what I want or what my family/friends/partner want me to do?
- How can I contribute to the world around me?
- What do I really want to have?
- Who would I like to become?
- What experiences do I want to have?
- What would I like to do that will expand my knowledge or skills?
- What is the one thing I have always wanted to be, do have, but dared not tell anyone?



Goal Setting Traps

Goal Worksheet

When deciding on your goal there are some common traps that most people fall into, they wonder whether they really can make their inspirational goal a reality. The fact is yes you can.

How long it will take will be up to the focus and attention you give to your goal. You must also ensure you avoid some of the common traps that most people fall into.

In his book 'The Quantum Leap Strategy' Price Pritchett lists 14 common traps to avoid if you truly want to turn your goal into a reality and they are:

- 1) **The be reasonable trap** – limiting your goals to what you think you “can have” instead of what you “want”.
- 2) **The half throttle trap** – living life with a lukewarm heart and not feeling inspired by what you do.
- 3) **The more of the same trap** – reliance on trying harder instead of doing something different
- 4) **The doubt trap** – believing in your limits instead of testing the limits.
- 5) **The faith in the familiar trap** – relying on your usual routines, habits and programming.
- 6) **The methodology trap** – focusing on means, that is worrying about how rather than focusing on how the goal will make you feel and the benefits of its achievement.
- 7) **The what I can't see isn't there trap** – thinking you have to do it all by yourself.
- 8) **The playing it safe trap** – choosing the wrong risks.
- 9) **The passivity trap** – wishing for what you want instead of pursuing what you want.
- 10) **The failures aren't allowed trap** – unwillingness to make mistakes and interpreting problems as proof you should give up and quit.
- 11) **The comfort junkie trap** - being afraid to confront fear.
- 12) **The use it or lose it trap** – not opening your gifts.
- 13) **The preparation trap** – bogging down in getting ready.
- 14) **The perfect timing trap** – waiting for the “right” circumstances.

If you are feeling stuck or uncertain about your goal, or you have chosen your goal but aren't taking any action, check to ensure you haven't fallen into one or more of these traps.



Goal Achievement Formula

Goal Worksheet

1. Write your goal down.
2. Decide when you want to achieve your goal and write down the date.
3. Write out a list of "What's in it for you". (How will you benefit once the goal is achieved?)
4. Identify and write down your obstacles.
5. Identify and write down the people, groups or organisations that you need to work with to achieve your goal.
6. Write down what you need to know.
7. Devise a plan of action.

Steps 1 & 2

Write down your goal in present tense and the date you want to achieve it.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

It is ____ / ____ / ____ and I have achieved my goal.

Step 3

List what's in it for you.

.....

.....

.....

.....

.....

.....

.....

.....



Goal Achievement Formula

Goal Worksheet

Step 6

Write down what you need to know.

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

Step 7

Write down 3 actions you can take immediately to move you towards your goal.

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....