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## **Goal Setting: Getting from Here to There**

**“The world makes way for the man who knows where he is going.” Ralph Waldo Emerson**

### **Effects of Setting Goals**

- ❖ Provides focus
- ❖ Sets direction
- ❖ Economizes effort
- ❖ Offers motivation

### **Identifying Goals**

#### **Complete a Dream Inventory - DREAM BIG!**

- ❖ List everything you've ever wanted – to see, to do, to have, to be, to become.
- ❖ Take off the blinders of probability and possibility.
- ❖ Throw out the filters of whether you need it, deserve it, or are worth it.

#### **Assess your Life Wheel:**

- ❖ Review the six areas of life:
  - ❖ Family & Home
  - ❖ Financial & Career
  - ❖ Physical & Health
  - ❖ Mental & Educational
  - ❖ Social & Cultural
  - ❖ Ethics & Spiritual
- ❖ Assess your current state and write down your desired future state.
- ❖ What areas should you focus on?

#### **Write Your Story:**

- ❖ What do you **really, really, REALLY** want for your life?
- ❖ Describe your perfect life in detail.
- ❖ Use descriptive language, pictures, symbols, drawings, poems to tell your story.
- ❖ Write in the positive instead of the negative.

## **Pursuing Your Goals**

- ❖ Establish key targets for improvement from your dream list and/or key areas of life.
- ❖ Determine the sequence of events.
- ❖ Define necessary resources and costs.
- ❖ Identify the benefits/rewards of goal achievement.
- ❖ Clarify the consequences that could occur if you achieve this goal.
- ❖ Describe measurable results of reaching this goal.
- ❖ Pinpoint time frames for completion of tasks.

## **Managing Obstacles**

- ❖ Divide goals into activities/tasks.
- ❖ For each goal consider what obstacles have kept you from reaching the goal.
- ❖ Make a list of solutions for each obstacle.

## **Monitor Goal Achievements**

- ❖ Establish a consistent review time to assess your achievements of goals.
- ❖ Cross off completions and revise dates as needed.

## **Use the Power of your Mind**

- ❖ Read your story, a lot!
- ❖ Post your goals where you can see them, often.
- ❖ Make a dream board or notebook.
- ❖ Visualize the completed goal, this helps you stay committed.
- ❖ Use positive self-talk, change your thoughts.

## **Strategies for Success**

- ❖ Share your goals with people you trust and are positive.
- ❖ Hire a coach if necessary; find someone on your side!
- ❖ Ensure that goals are compatible.
- ❖ Prioritize activities/tasks toward your goals.
- ❖ Be flexible with yourself.

**Enjoy your inspiring transitions!**