



5 Steps to Killer Goal Setting

By Brie Daniels

We've all had a goal..

But without a deadline it's just a wish. After spending time with tons of individuals who talked about the frustration they felt around establishing goals and never accomplishing them I decided something needed to be fixed!

That's how I came up with these 5 simple steps to killer goal setting. I follow each of these steps when there's something specific I want to accomplish and I can say that sticking to this method has played a major part in my publishing a book at the age of 24, a corresponding workbook in the same year, traveling across the country and nailing my first paid speaking engagement!

Whether you're looking to add those types of "successes" to your list or you just want to be able to wash the dishes on a consistent basis I believe this goal setting guide is going to make a HUGE difference in your process.

So what are you waiting for?

Let's get started!



5 Steps to Killer Goal Setting

Step 1: Write out your goal. "Write down the vision, clearly inscribe it on tablets so one may easily read it" (Habakkuk 2:2) This seems obvious but studies show only 5% of people write out their goals. I refuse to believe that this means the remaining 95% of people are not trying to achieve anything. Instead they may just keep their goals as ideas but this doesn't allow room for accountability. Once I've written my goals out what I apply a strategy I learned from life and business coach Courtney Sanders which brings us to.

Step 2: Break down the big ideas into small action steps making sure to attach a deadline to it. Instead of saying "I want to save \$500 by the summer," you may write something more like "I will save \$50 per pay period until June 1." The great thing about this strategy is it makes it easier to see if you're making progress.

Step 3: Place your goals where you can see them. If you keep your goal sheet in the back of your closet, it's not likely you'll remember what you've set so try and put them in a place where you'll see them everyday. Maybe it's on your desk at work, maybe you can jot them down on a notecard that you keep in your car or place on the mirror of your bathroom. Whatever works best just make sure you can see them.

After my husband and I got married, we had some financial goals we set so I placed them on my mirror so I could never forget them. This allowed me to know where to allocate funds we got unexpectedly instead of going on a shopping spree (though with me it would most likely be out to eat.)

Keep going...

Step 4: Do It! You've prayed, written, broken big ideas into action steps and placed your goals where you can see them. Now it's time for some execution! Naturally, this is the most important part of goal setting. If you're constantly writing out what you want to do but not actually taking the steps towards anything, you won't gain momentum or feel the encouragement to keep on going.

So if, going back to our \$500 example, your first step is to open a new savings, get out and do that today. If you're getting on top of your fitness, find a workout routine online, or pay for your first month's gym membership. This is the best way to show yourself your serious and sadly we're all guilty of saying "tomorrow I'll get started." But scripture shows there is no time like the present "Do not boast about tomorrow for you do not know what a day may bring." (Proverbs 27:1).

Step 5: Monitor your progress and reassess. This is the last and one of the most important steps, simply because as life evolves, our goals often evolve with it. If you notice that you always find something else to do with your \$500, it gives you a space to assess if this goal is a priority or something you just feel like you should be doing. This is where you're why is important. If you know your \$500 is going to help you buy that plane ticket to San Juan or help you pay for wedding essentials, you're a lot more likely to stick with it.

My Passion Planner is a really helpful tool for this particular step. At the end of each month it has you go back and highlight the steps you've been able to accomplish towards your goals and also has a section where you can assess your time management to see if you've dedicated as much time to that goal as is necessary.

I believe if you keep God first and put these steps into practice 2017 can be one of your best ones yet.



My Big Goal for 2017

Deadline

Action Steps

Progress



Congrats!
You did it!



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