

TOP 10 TIPS

for Successful Goal-setting

- 1. Set goals that belong to you.**

The goals to set have you moving towards your *own* dreams and desires. Be wary of anything that sounds like something you “should” be doing.
- 2. Set goals that allow you to succeed.**

This is about having realistic expectations and the right goal. Stop trying to be perfect. You already are.
- 3. Practice continuous evaluation and awareness.**

Excuses, fear and creative avoidance can kick in when the going gets tough. Progress checks and awareness are key. Recognize your actions, or lack thereof, for what they are. Hang in there. You could be ready for a breakthrough.
- 4. Set goals in balance and moderation.**

Everything in moderation, including moderation. You’ll want to pay attention to your whole life, not just your golf game or your job, keeping everything in perspective.
- 5. Put it in writing.**

Writing out your goals helps you commit to them, makes them real. Think of the weight your signature holds.
- 6. Set specific and measurable goals.**

Fuzzy goals yield fuzzy results, if any. Instead, develop a clear picture of exactly what you expect to achieve.
- 7. First set goals that put you in integrity.**

These are goals that allow you to be true to yourself. Brutal honesty required.
- 8. Set goals based on your core values.**

Values-based goals are more meaningful, successful and fulfilling. It’s about doing what comes naturally to you. What a relief!
- 9. Don’t worry about how you’re going to do it.**

Set the goals that you really want, not just the ones you know how to achieve. The answers, ideas and opportunities will present themselves to you once you’ve declared a need and you’re open to solutions.
- 10. Celebrate your wins.**

Take full credit and don’t sit down until the applause stops. Plan and create your reward.