

Goals 101

Fall 2021 Colloquium
Realization Project Fellowship
Monday, October 20, 2021

Potential is never realized without work.

ICEBREAKER

What would you want said at your funeral?



Learning Objectives

- To understand what goals are
- To apply a goals process to our employment journey
- To create 3 SMART Goals for our Realization Fellowship experience

What Is a Goal?

- An aim
- A desired result
- The object of your effort and ambition



- ★ Rarely accomplished by accident
- ★ Require small, consistent steps
- ★ Group cooperation helps
- ★ Enhance your: focus, time management, effort, persistence, creativity, teamwork, strategic thinking....

Ensuring Your Goals are S.M.A.R.T.



Dave Ramsey - 7 Goal Setting Strategies



Our Goals Process

1. Decide what you want
2. Consider your current situation
3. Narrow it down to 3 goals
4. Commit
5. Develop your plan
6. Attack it **EVERY DAY**



Onward and Upward

What would you do tomorrow if nothing (finances, covid, kids, health, etc) was holding you back?

Decide what you want

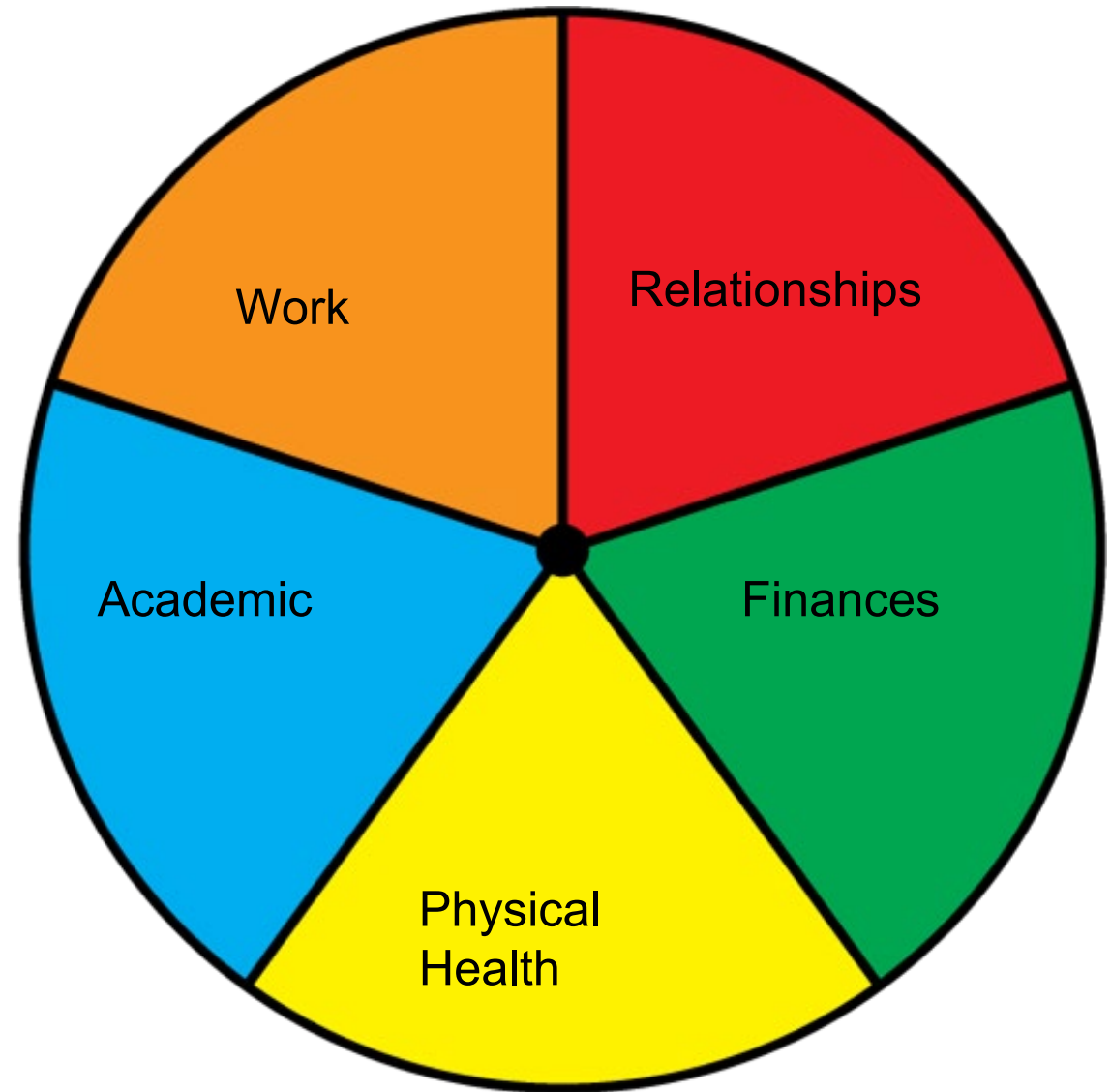
- Start with a list of everything and anything you'd like to be, do, or have
- This list can have dozens of entries
- You never have to share this list with anyone
- Totally exhaust your dream list
- Even include faint notions or hunches



I wanna run a marathon and run for Congress and get my kids back and give keynote speeches and start a Fortune 500 company, and live to be 100 and walk in space and write a bestseller and go skydiving and get straight As, and buy a house in Hawaii and get a blue checkmark on social media and find a spouse and live on my own and pay off all my debts and go to UCLA...

Consider Current Situation

- Cross off goals and dreams that are **illegal** or defy the laws of physics.
- Cross off goals that **would not serve** you or the people you care about.
- Get realistic about **harmony in the 5 areas**
- DO NOT CROSS OFF GOALS** and dreams just because they are very difficult



Narrow it down to 3 goals



- At least 1 work or finance related
- At least 1 medium to long term
(requires more than 3 months to achieve)

COMMIT

- Can you change?
- Are these goals worth re-organizing your life for?
- Are you ready to write and work towards this basically every day?
- Are you ready to fight the resistance and make no excuses?
- Is this what you really want?

Sleep on it if you must, because once you truly commit, things will start to happen....



resolve

Develop Your Plan

Complete the following for each of your 3 goals:

- Goal:
- Benefits from reaching this goal:
- Skills or knowledge required to reach this goal:
- Major obstacles to reaching this goal:
- People/groups needed to help me reach this goal:
- Plan for reaching this goal (write it out, tell it like a story):

When you understand your *what* and your *why*, your *how* becomes clear.

Attack them every day

Each day for each goal, take a few minutes to record the following:

Goal 1: _____

-Steps I took today to
achieve Goal 1:

Is this enough? (Y/N)

Goal 2: _____

-Steps I took today to
achieve Goal 2:

Is this enough? (Y/N)

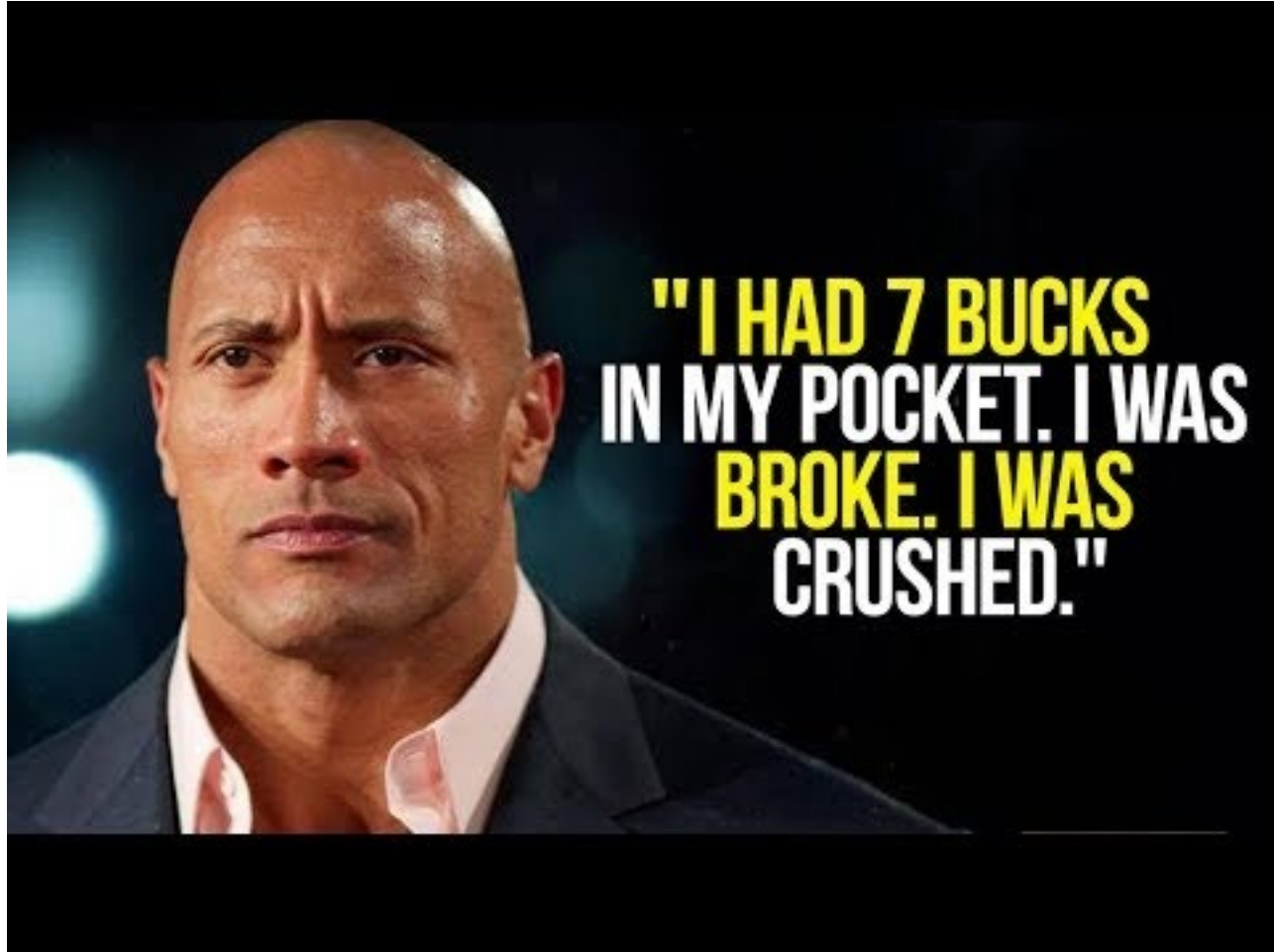
Goal 3: _____

-Steps I took today to
achieve Goal :

Is this enough? (Y/N)

Each week, review:

- Highlights from last week:
- What got in the way/what didn't work:
- What I learned from what didn't work:



**"I HAD 7 BUCKS
IN MY POCKET. I WAS
BROKE. I WAS
CRUSHED."**