

Lesson 7

Goal Planning

A goal is a well-defined target that gives you clarity, direction, motivation and focus. Goals help you transform your vision of the future into reality and help you create the results that YOU want.

STEP 1:

To help guide your long term goals, and in turn your daily objectives, start by writing down all the roles you play in your life. Think of everything you do and in what ways you are important to others. Use the table provided below to rank your roles in order of importance to you – from highest to lowest priority. I left space in the table for 10 roles, but don't feel limited by that number. List out as many that come to mind.

Here's an example list of roles to get you started:

- Spouse/Significant Other
- Sister
- Aunt
- Daughter
- Friend
- Manager
- Employee
- Leader
- Student
- Teammate
- Soldier
- Landlord
- Coach
- Teacher
- Citizen
- Mentor
- Mentee

STEP 2:

Once you've defined and ranked your roles, establish your purpose under each role. When roles have a clearly defined purpose, you can make better decisions when trying to figure out what tasks should be done first or play the greatest importance in reaching your goals. In order to be your best self in all the roles you play and to serve everyone who depends on you, you need to focus inwardly and set personal goals.

Using the same table where you wrote your roles, write out what you want the people you affect (in each role) to take away from you at the end of your interaction with them. What do you want to accomplish in each role?

For example:

As a spouse, I would write:

I want my husband to remember me as having done the best job I could to care for him. I want him to feel like I always put him and our relationship first. I want him to remember all the fun adventures we had while traveling. I want him to remember laughing with me and having fun no matter what we did.

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As a Health & Fitness coach, I would write:

I want my clients to say that I had authority when it comes to living a healthier life BEFORE developing major health issues. I want them to know that I'm passionate about preventing heart disease, extending life expectancy, loving life, and doing more. I want them to say that I gave the hope and motivated them to become the best version of themselves.

STEP 3:

Now that your roles are defined and prioritized, you can use your list to choose which tasks to focus on first because they are in agreement with your priorities and values.

For example:

1. Your manager comes to you at the end of the day and says it would be really great to get ahead of schedule and get a report out tomorrow instead of next week. It's not required, but she thinks it would score big points with your CEO. Yet, you already have plans with your spouse that night and if you stayed late you'd have to cancel on him last minute. What do you do?

If you ranked spouse higher than employee, you meet your spouse. Your spouse may understand if you cancel on him once in a while, but if you keep doing it, your actions are showing that in really you put your job first.

2. You feel so passionate about turning your hobby as a writer into your full time career someday, yet your friends invite you to go out every night. If you consistently choose to go out with friends you'll find that you are just daydreaming about becoming a writer since you aren't putting in the work to make your dreams a reality.

If you ranked your writing higher than your friends, you stay in and work on knocking out another chapter of your book.

These are just two examples, but it shows you how you can look at competing tasks and make a decision on which you should focus on and complete first and you can even look for ways to make compromises in order to get both tasks done.

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ROLES THAT DEFINE YOU

Note: The order in which you list your roles today will change, many times over, depending on WHAT and WHEN something is happening in your life. And that's OK! Be sure to review your list often and adjust where necessary.

Important Roles
1)
2)
3)
4)
5)
6)
7)
8)
9)
10)

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AREAS TO SET GOALS FOR IMPROVEMENT

As you may have figured out in the previous exercise, the roles we play in life are usually focused around what *other people* need. In order to do the best we can in serving others, we also need to establish goals that focus on what *WE* need. A lot of people may not do this because they perceive it as being selfish. But focusing on yourself and your own goals is really a form of self-care. As the saying goes:

"You can't pour from an empty cup."

If you just go through the motions of life and never go for something you're passionate about or really want for yourself, how can you expect to lift anyone else up or give your best self to others?

Use the table below to brainstorm goals and ideas for each of the broad life categories that you'd like to improve or undertake. These should be goals you actually WANT to achieve, not things you think you SHOULD do. In Lesson 8, we'll take it a step further and figure out HOW to achieve each goal.

Life Categories
<i>Physical/Health:</i>
<i>Career:</i>
<i>Financial:</i>
<i>Mental/Intellectual:</i>
<i>Spiritual:</i>
<i>Travel:</i>
<i>Social:</i>
<i>Lifestyle/Where You Live:</i>