Goals and Motivation

Setting goals is the primary way in which we can stay motivated. What if you don’t know what your goals are? Our goals are often reflected by our values, so it is also important to give a proper examination of what we value before setting goals.

What are your values?

• Is it your value or someone else’s?
  o There is a difference between what we want and what we should do.
• Do your actions show your values?
  o Actions speak louder than words
• When were you happiest or most excited?
  o Proudest moments, memories that you can’t forget.
  o Regrets can also tell us what we put value in

Achieve your goals

1. Put them in writing:
   Putting something down on paper or in your phone can be a strong motivator and form of accountability. Be specific by including outcomes and specific completion dates.

2. Make a list of obstacles:
   Think of everything that might stand in your way. Decide what you can do about each obstacle. Design a plan to reduce the influence and increases the chances that you will be successful.

3. List the benefits:
   Know exactly what you will gain from reaching your goal.

4. Identify sub goals:
   Break large goals down into manageable chunks. Decide what you are going to do and when. Make each step challenging but achievable.

5. Be realistic:
   Think about how much time and effort will be required, and ask yourself whether you are really willing and able to do what is necessary. It is better to adjust your goals or your timetable than to proceed with a plan that is unrealistic.
6. **Get help:**
   A partner can help you stay committed and motivated. Find someone who you have common goals with. Find those who have reached your goals – ask them for advice and suggestions.

7. **Visualize:**
   Provide constant reminders to yourself about what you’re working towards by visualizing each step or accomplishment that must be completed.

8. **Get organized:**
   Having information scattered in too many places makes you feel out of control and undermines motivation.

9. **Reward yourself:**
   Let yourself feel good about the progress you’ve made. Treat yourself to rewards that will give you a lift as you accomplish each sub goal on your road to success.