

Goal Setting Process – Summary

Translating Dreams into Specific Goals and Action Plans.

*Vision without action is merely a dream.
Action without vision just passes the time.
Vision with action can change the world.*

Joel A. Baker

The process outlined below is all about translating what you want to BE, DO, HAVE, your dreams and ideas, into your future reality. This is a systematic goal-setting process, with specific information about what you may do at each stage. It's a time-intensive process to start with, but like everything, the more you do it, the easier it becomes. You will make the process your own and adapt it to suit yourself, your family and those you work with.

- Step 1 Make an “I want list”
things you want to BE, HAVE, DO.**

- Step 2 Choose a few things from your “I want list” to
translate into specific goals and action plans.**

- Step 3 Create your GOALS**

- Step 4 Create reminders of your GOALS**
(small cards with goal on one side and affirmation on the other)

- Step 5 Create ACTION PLANS for each of your GOALS**

- Step 6 TAKE ACTION – DO WHAT YOU NEED TO DO**
Keep moving forward towards your goals.
Stay in the now and take 1 step at a time.

- Step 7 BELIEVE**
Visualise and mentally rehearse. See, feel and hear yourself achieving
your GOALS.
When you face set backs, keep your eye on the
prize...YOUR GOAL.

- Step 8 REVIEW – REVIEW – REVIEW**
Where do I want to be?
Where am I now?
What's the gap?
What are the next steps?
Who can help me?
What am I going to do about it?

DO THE STUFF – TAKE ACTION EVERY DAY

Imagine Yourself Achieving Your Goals Every Day

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