

GOAL SETTING

Nehemiah 6:9 "For they all made us afraid, saying, Their hands shall be weakened from the work, that it be not done. Now therefore, O God, strengthen my hands."

We often Travel the road of life without a specific direction or goal. Few of us make goal setting a priority.

Your goals:

1. _____
2. _____

Ten Guidelines that really work

1. Effective goals are written.
2. Effective goals are written in specific, measurable terms.
3. Effective goals can be visualized.
4. Effective goals are achievable.

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5. Effective goals have realistic deadlines.
6. Effective goals are manageable.
7. Effective goals are analyzed for their potential problems.
8. Effective goals require action to eliminate or minimize the consequences of potential problems.
9. Effective goals include a regular review of progress.
10. Effective goals yield rewards that are of value to you.

Through much prayer and God's word, is He now showing you the way through your goals? Psalm

119:105 "Thy word is a lamp unto my feet, and a light unto my path."

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Potential Obstacles to reaching your goals

Suppose you know what you want, and you are on the right track to accomplishing your goals. Without warning, you suddenly face an obstacle that blocks your progress. And then it is difficult to remain focused and energetic.

Psalm 37: 1, 3, 4, 5, 7, and 34.

I NEED TO FEEL SECURE

Are you willing to give up some of your perceived security to accomplish a goal? If not why not?

I MAY FAIL

When was the last time you failed at something?

Did the experience offer opportunities for personal growth?

THINKING ABOUT THE FEAR OF FAILURE

Nehemiah 1: 1-11

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I DOUBT MY SKILLS

What will you do to increase your confidence?

Strategies for goal setting

Work with goals that are compatible.

When goals conflict with one another they compete for your time, energy, and personal resources, which can leave you feeling drained and stressed.

Be willing to ask for help.

Establishing goals is a start. Accepting the responsibility to accomplish them is another challenge.

Minimize the interruptions that block your progress toward your goals.

Many interruptions have the appearance of urgency and importance.

Be flexible to changes that affect your progress toward a goal.

The unexpected does sometimes arise.

4

Develop the persistence to work toward your goals.

Persistence may be the most important quality for reaching your goals.

Review your progress toward your goals regularly.

Reviewing your goals not only identifies the progress you've made, but also provides an opportunity to ensure that you are on track.

Experiencing progress toward goals that are meaningful to you is gratifying and can motivate you toward even more accomplishments.

SETTING PRIORITIES

How do you decide what to do first?

PLANNING

Without a plan, reaching your goals tends to be a hit or miss proposition, and time is easily wasted.

Who:

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What:

When:

Where:

Why:

How:

DELEGATING

Which of your responsibilities could be handled by someone else?

- 1.
- 2.

- 3.
- 4.
- 5.

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GOAL ACHIEVEMENT WORKSHEET

Describe your goal.

S-M-A-R-T Test:

Make sure the goal fits each element of SMART.

Specific:

Measurable:

Agreed to:

Realistic:

Time-specific:

Reason. Why do you want to achieve this particular goal?

What do you need to achieve this goal?

Assumptions. Things you believe about the situation, your plan, or your goal that you don't know for sure are true?

Constraints. Things you do not have the ability to do.

A

List action steps. What do you have to do to accomplish the goal?

Develop time line and budget.

Prepare risk plan.

Verify progress.

Celebrate Success.

B