



Tips for Goal Setting and Self Improvement

Submitted by: LT Paula Ayojiak Edited By: LCDR Jennifer Harlos

Why is goal setting so powerful? It provides you focus, shapes your dreams, and fosters growth beyond what you previously imagined.

A goal is not always meant to be reached, it often serves simply as something to aim at. - Bruce Lee

Powerful goals must be 3 things:

- Inspiring
- Believable
- Achievable

Dreaming of the future and living in the present allows us to have long-term and short-term goals. The more powerful goals you develop, the more you will act on them in the short-term and guarantee your success.

It always seems impossible until it's done. - Nelson Mandela

Tips for Setting Powerful Goals

- Get motivated- write down why it's important and valuable to you
- Evaluation and Reflection- Decide what you want and how you will get there
- Dream- Think about your life values and what you really want
- Use SMART Goals (Specific, Measurable, Attainable, Realistic, and Time sensitive)
- Accountability- Tell someone your goals to help hold you accountable

When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps. - Confucius

Still struggling with setting goals?

- Identify rewards and consequences
- List out obstacles and solutions
- Get others on board with your goals
- Celebrate achievements
- It's okay to say no if it does not align with your values and priorities

Set these goals in writing. The writing process makes it real and tangible. Post your goals in a visible place to remind yourself daily. Stick with it! Remember goal setting is an ongoing activity, not just a means to an end.

References:

<https://www.success.com/rohn-4-tips-for-setting-powerful-goals/>

<https://www.godfrey.com/insights/thought-leadership/tips-for-effective-goal-setting>