

Goal Setting

Happiness is merely goal-directed engagement ... chasing your vision or purpose, but on purpose.



TIP OF THE MONTH

"What you resist will persist." CG Jung

"To fight fear, act. To increase fear – wait, put off, postpone."

David J Schwartz

He who has a "why" to live, can bear with almost any "how".

F Nietzsche

*"The way to get started is to stop talking and **start doing**."* Walt Disney

*"The future depends on **what we do** in the **present**."* Mahatma Gandhi

*"I have found the **enemy**, and it is me."* Winston Churchill

*"The more you seek **security**, the less of it you have. But the more you seek **opportunity**, the more likely it is that you will achieve the security that you desire."* Brian Tracy

A good website to log goals:
www.stickk.com

Why wait and see?

During a downswing we may be apprehensive setting goals and adapt a 'wait & see attitude'. This *analysis paralysis* of doing nothing is problematic; in fact doing nothing just feeds the 'fear of the unknown'.



Question 1 – Long Term: At the end of your life, what do you want to have achieved?

Question 2 – Medium Term: In three years time, what would you have liked to have achieved? Don't forget that your private & business lives are completely intertwined. Also, it probably makes sense to look at your private life first - body, mind, spirit, finances, family, hobbies & social life, as this spills over into the workplace (career goals).

Question 3 – Short term: At the end of the year, what goals do you want to have achieved?

Answer: Success is reaching your **true potential**, so your answer must be a personal one. And don't forget that one of the worst sins to die with inside you is your **underutilized potential**. Good luck!



See the attached Goal Sheet and set just *three goals for the year*. Remember, success is a combination of three things.

- 1. Laser beam Focus** (set just 3 big goals)
- 2. Energy**, and
- 3. A to-do-list**