

All human action is goal directed, however most humans do not take control of this, but allow nature to unconsciously direct their energy in the most primeval way. Why not get to grips with what you *really* want and consciously go out and get it yourself? Why rely on the lotto, your horoscope, the fall of the dice or the basic human ego drive which the masses rely upon for their survival. Find out what will make you uniquely flourish, and do it. Create it in your head first (*dream an exciting vision*), then create it in reality through goal setting (a focused *to-do-list*).

"Happiness is a by-product of goal directed engagement." Ian Rheeder (ian@markitects.co.za)

Area/s in life? (Body/Physical/sport, Mind/intellectual/learn, Spiritual/Emotional, Social/Relationships/Family/Hobbies, Career, and Financial)

Goal Statement: (Vision)	
Start date:	Target completion date/deadline:
What are the benefits or rewards of achieving my goal? What are the 'whys' for sustained action?	(Emotional Whys ?) Once we have a clear goal and a reason to achieve it, we are motivated to act. ➤ ➤
What are the penalties of not achieving my goal?	(More Emotional Whys ?) ➤
Action plan to achieve the goal:	(How?)
Sub-goals and sub-deadlines: As the environment will change, you need to be flexible on the 'how' process. Regular reviewing is necessary. Always look for new solutions. Remember that The 'whys' above will fuel your energy levels to achieve your focused goals.	➤ ➤ ➤ ➤ ➤ ➤
Who can assist me? (How?)	➤
What are the obstacles or interferences in my way? (You need to 'stretch', sacrifice and pay the price of success.)	➤ ➤ ➤

- **The 4R guidelines for goal setting:** Goals must be **Researched**, **Realistic**, **Relevant** to you and **Rolled-out**.
- **Balance** your life with goals from all areas - Body, mind, spirit, social/family, financial, career - "Master Dreamlist". What is success if you don't have your health, reputation in tact?
- Have short, medium & long-term goals. Great living is all about your long-term *vivid vision of achieving your core purpose*.
- Write a clear Goal Statement: i.e. the goal statement isn't to lose 5kg, but to exercise/diet/find the time to lose 5kg.
- Review written goals weekly. Visualize yourself achieving to get the feelings flowing. Make pocket-size affirmation cards to review constantly.
- Take at least a day off and get to grips with who you are, where you are at, and your new *destination*. Don't just choose any goals, they must come from deep down, otherwise it'll be a case of the "wings flapping the bird", and you'll get nowhere fast. Find your calling and you will love the journey.

Goals and a healthy self-esteem are inextricably intertwined, and as lack of self-esteem is the most common disease on earth, we should all be goal-setting.

Happiness is a byproduct of goal-directed engagement... chasing your vision and purpose.
Success is reaching your personal potential. Your ideal. (www.markitects.co.za)