

6R® Goal Setting Model

The SMART Model has a few major flaws – use the 6R® Model.

Nothing happens until something moves. A Einstein

To set goals in the seven main life areas (listed below) please send me an e-mail and I'll send you a potent **Goal Setting Template for 2012:**

Seven Life Areas for Wellbeing:

1. Recreational,
2. Physical Health
3. Intellectual Health
4. Spiritual Health,
5. Financial,
6. Career, and
7. Family/Friends

This 6R® Model was created by Ian Rheeder because the popular SMART Goal model is flawed. Some major stages are missing, especially the first stage (research) and the last two stages (reassessed, reload).

The future doesn't just happen - it's shaped by decisions.

-- Paul Tagliabue

The 6R® Guidelines for Goal Setting:

Goals, whether private or for your organization, must be:

Researched, Realistic, Relevant, Rolled-out, Reassessed, and then Reloaded

Imagine Robin Hood facing twenty warriors. First he would **research** his environment and find a **realistic** target at which to aim his first arrow. He would also consider aiming at the most **relevant** targets first. He would then need to **rollout** this plan through action, as aiming without releasing the arrow is not enough! Energy is required to load the bow, and with enough *belief* and *optimism*, he *surrenders* the arrow to the target. As soon as the arrow is released, however, he immediately **reassesses** and **reloads**.

6Rs	6R Guidelines for Goal-Setting	Persistence
Researched	Clearly researched and thought-out vision, values and purpose (assess the situation). The more specific your goal statements are, the easier it is for you to goal set.	Thinking
Realistic	Over the years, by setting many realistic goals, we attain 'unrealistic or impossible' goals over a lifetime.	Feeling
Relevant "March to the beat of your own drum."	The more reasons or "whys", the more motivated to act you will be. You must have a soul-igniting movie playing inside your head.	Feeling
Rollout	Once the above three Rs are clarified, a to-do list needs to be rolled-out ASAP. Identifying start and completion dates creates a mood of urgency. If you miss your target then do more Research (Reassess) and Reload.	Acting
Reassess	Research and Reevaluate the situation.	Thinking
Reload	Rollout again. Persistence pays.	Acting

Enjoy!

