

2018 GOAL GUIDE



MindMatters

at The Gap

The Power of Goals

Remember the story of Alice in Wonderland? At a point in the story, Alice is at a crossroads and she encounters the Chesire Cat and has the following conversation:

“Would you tell me, please, which way I ought to go from here?”

“That depends a good deal on where you want to get to.” said the Cat

“I don’t much care where” said Alice

“Then it doesn’t matter which way you go,” said the Cat.

And as a result, she wanders aimlessly through the rest of the story. I wonder how many times in life you have found yourself at a crossroad, not really knowing where you wanted to go?

I remember one evening what seems like a million years ago, my friends and I drunkenly stumbled into a taxi after an evening out, all of us laughing and joking and probably being slightly obnoxious. All of us just expecting to get home. After a few minutes of driving, the taxi driver asked, “So, where am I actually taking you ladies this evening?” And this is exactly how we can meander through life, if we have any goals, they may not be well formed, just an idea of where we might want to go. But if we don’t set the GPS with our destination, or tell the taxi driver where we want to go... how will we ever get there?

Our unconscious minds can be just like that GPS or the Taxi Driver. Once we program it with what we want to achieve and set some great goals, our unconscious mind can help to align the journey with the destination.



Ready to set the GPS for 2018?

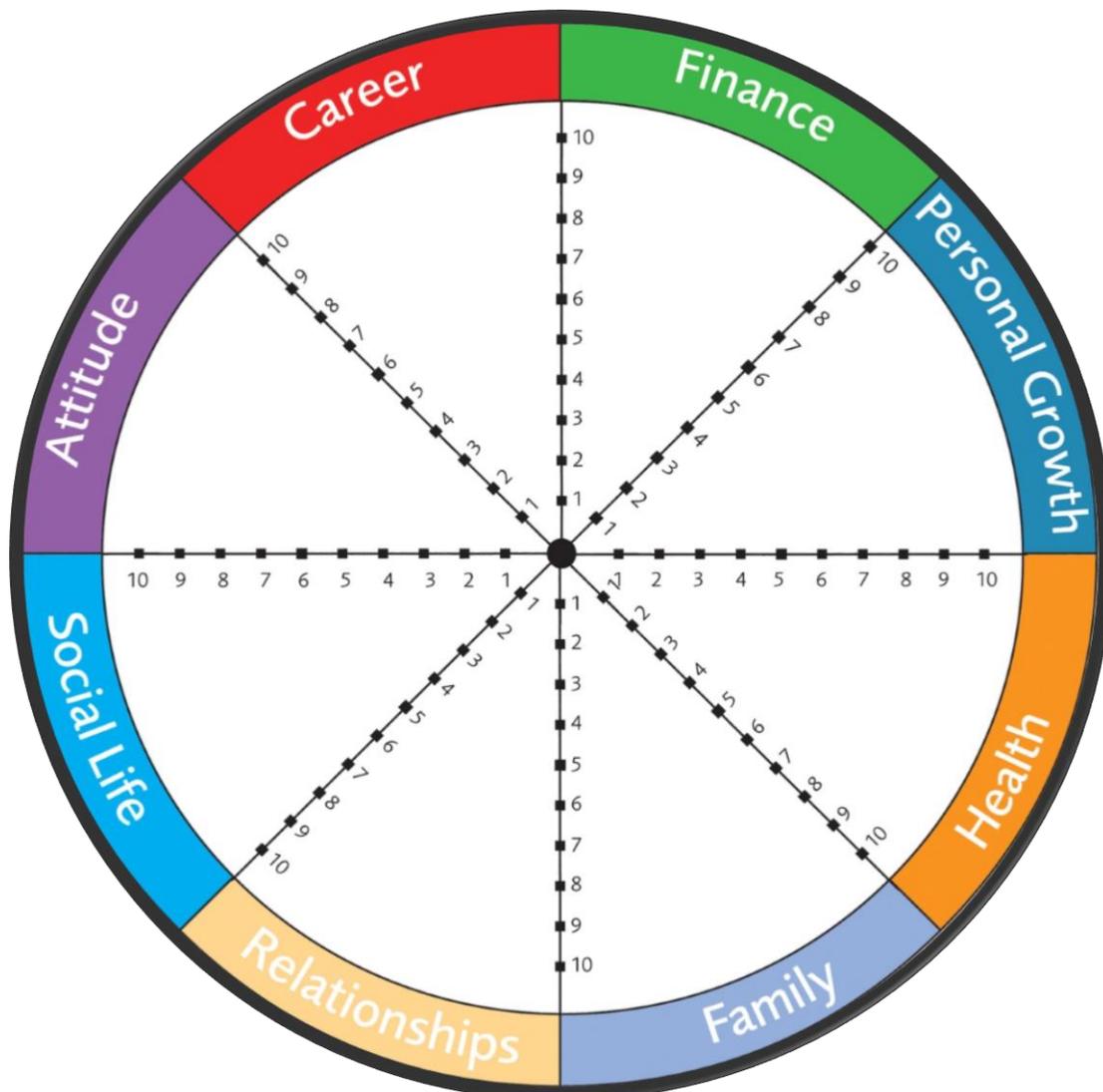


The Wheel of Life

The Wheel of Life is a great assessment tool to look at where you are at now. And this is important to know. When we program the GPS, it can't map the journey if we don't know our starting location, right?

Take a moment to decide what each of these areas of life mean to you. What's included in each of them? What I include in mine, may be slightly different to what you include in yours, and that's okay!

Once you know what each area means to you, go ahead and assess where you are now. 0 being that you are absolutely no-where, this area absolutely sucks and 10 being that you are extremely happy with that area of life and it probably couldn't get any better. Draw a line or colour in each segment corresponding to each area of life. We will come back to these soon.



Your Values

If your goals are like a GPS for your life, then your values are like the compass. Whenever you find yourself at the crossroads and the GPS signal might be lost, you can always come back to your values to determine which path to take.

Your values are simply, what's important to you.

Knowing your values will help you to prioritise what really matters to you. And the truth is, ultimately, deep down, they are probably what you are measuring your life by whether you are conscious of it or not. It's likely that whether you know what your values are or not, if they are not being met, it's highly probably that you are feeling unsatisfied.

When you know what your values are, you can check in and see if they are being met. If they are, that's awesome! And if they aren't, you can begin to identify what changes need to be made in order for them to be met!

Let's look at each area of life.

Career

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. *money, progression, helping others, job satisfaction*) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Finance

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Personal Growth

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Health

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Family

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Relationships

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Social Life

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Attitude

Using the Wheel of Life Score, where are you at now? _____

Where do you want to be? _____

What are your top values for this area of life? What's important to you? (e.g. money, progression, helping others, job satisfaction) Is that value currently being met?

Value	Is it being met?

What can you do to ensure that your values are being met?

What will you see / hear / feel when that area of life is where you want it to be?

What steps will you take?

Is it a Well Formed Goal?

Now you have a better understanding of what's important to you in each area of life and what you want to get from it, the kind of things you might see, hear and feel when you achieve what you want to achieve overall in each area. You even have a guide of some steps that you would like to take, but it's still not well formed, yet.

Which area is the most important for you to focus on right now? (You can work through all of them in 2018 and beyond). For now, choose just one and take the time to decide what you really want from that area of life and set one or two well-formed goals.

1. **What do I want?**

Ask this question about the context you are considering. State what you want in positive terms, ie what do you want, and what do you want it to do? Where do you want it? When do you want it? Eg 'I want to be, do or have X'. If the answer forms as 'I do not want...' then ask, 'What do I want instead of ...'.

2. **Is it achievable?**

Is it possible for a human being to achieve the outcome? If it has been done by someone, then in theory it can be done by you, too. If you are the first, find out if it is possible.

3. **For what purpose do you want this?**

This is your WHY. What will achieving this goal add to your life? What will it give to your life or allow for you?

4. **What will I accept as evidence that I have achieved my outcome?**

What evidence will you accept that lets you know when you have the outcome? Ensure that your evidence criteria are described in sensory based terms ie: That which you can see, hear and/or touch that proves to you and/or third parties that you have done what you set out to do.

5. **Is achieving this outcome within my control?**

Is it under your control, ie can you, personally do, authorise or arrange it? Anything outside your control is not 'well formed'. Instructing your broker is within your control. So is buying in expertise. Asking your employer for time off is not. The time off will only become well formed if it is granted.

6. **Are the costs and consequences of obtaining this outcome acceptable?**

Ensure that the outcome is worth the time, outlay and effort involved in achieving it, and that impact on third parties or the environment is accounted for.

7. **Do I have all the resources I need to achieve my outcome?**

Do you have or can you obtain all the resources, both tangible and intangible that you need to achieve your outcome? Resources include knowledge, beliefs, objects, premises, people, money, time.

8. **If I could have it now, would I take it?**

Are all costs and consequences of achieving your outcome, including the time involved, acceptable to you and anyone else affected by it? This is known as ecology. Consider the costs, consequences, environmental and third party impact of having the outcome.

1. What do I want? _____

2. Is it achievable? _____

3. For what purpose do you want this? _____

4. What will I accept as evidence that I have achieved my outcome? Where and when will I have this?

5. Is achieving this outcome within my control? _____

6. Are the costs and consequences of obtaining this outcome acceptable? _____

7. Do I have all the resources I need to achieve my outcome? What resources do you have and what do you need?

8. If I could have it now, would I take it?

Ready to take the next step?

If you are ready to break through those old beliefs, patterns and programs that have kept you stuck year after year and really transform your life in 2018, I would love to help you.

After transforming my own life, I have been helping others to transform theirs for over ten years and I am so excited to be opening up space in my calendar to help people all over the world through my one-on-one Skype Coaching Package.

3 MONTHS COACHING PACKAGE

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