



# 3 Keys to Set & Achieve Your Goals

## (1) Start with the end in mind

This principle from Stephen Covey is the foundation for successful goal setting - you have to know where you want to go in order to create a plan to get there.

- Start with visualizing your end goal - where will you be, how will you feel when you get there, what does success look like for you?
- Get clear on the specifics of your goals - no ambiguous 'make more money' or 'connect with more people' kinds of goals over here!
- Write down your end goal and then create a list of all the things you need to do to reach that goal. This creates clarity on your actions and your priorities.

## (2) Be intentional with your focus

It is so easy to make a really long list of all the things you want to do, but in order to successfully achieve your goals, you have to be intentional with your focus.

- Ask yourself these questions about each item on your list:
  - "Is this necessary to reach my goal?"
  - "Is this the best way to use my time toward this goal?"
  - You will surprise yourself with what you change and delete!
- Be honest with yourself about your focus. Consider this, most of us tend to go all in on a goal and then lose momentum or motivation and end up quitting on ourselves because we feel overwhelmed or as though the goal is out of reach. But, what if you embraced the idea of being intentional and made decisions on purpose about your goal?

## (3) Embrace the failures

The path to achieving goals isn't a simple straight line. To really achieve big goals, there will be failure. Missteps, wrong turns, frustration, and hard lessons are part of the process.

- Spend some time thinking about the obstacles you will encounter and what your strategies are to navigate through them.
- Be open to learning from your failures, not hiding from them. Allowing the failures, understanding that they are necessary and learning to embrace them, instead of fearing them, will be the key to you achieving your results.