

Why Set Goals?

STEP ONE - First Thoughts:

On a piece of scrap paper, in 20 words or less, write down the first reason that comes to mind of why someone might want to set a goal:

Read the following and **HIGHLIGHT** or **UNDERLINE** the most important points.

Have you ever been on a boat or ferry? Imagine you boarded a boat and were suddenly told that you were now the captain. You had no idea where the boat was supposed to go and no idea in which direction to even start moving. In order to get the boat moving, you need to make a decision about where you want to go. If you have no destination in mind and you just float around aimlessly, you could end up anywhere!

So if you WERE in charge of a big boat, what would be the top 3 places you would want to go?

- 1.
- 2.
- 3.

Goal setting has lots of similarities to the boat analogy. If you do not think about what you might like to achieve, if you have no direction or focus for your energies, it becomes a matter of luck as to where you end up in life and what you achieve along the way. So some reasons as to why you might consider setting goals:

- setting goals gets you to think about possibilities
- goals give you a direction to work towards
- goals give you a clear picture of where you want to go
- goals help you to push yourself just that little bit more
- goals help you have a more fun and fulfilled life
- goals can give you motivation and focus
- setting goals helps you do all the things you want to do in life!

Research has shown that people who set goals (and use them effectively) not only perform better, but suffer from less stress and anxiety and are happier and more satisfied with life. You have probably set many goals already without even realizing it – not every goal has to be written down but it certainly helps you to stay on track if you do write it out.

Remember, if you don't set goals you'll find that life just sort of 'happens' to you rather than you actually deciding what you want out of life then making what you really want happen!

So get in the driver's seat of your life and take control with goals.