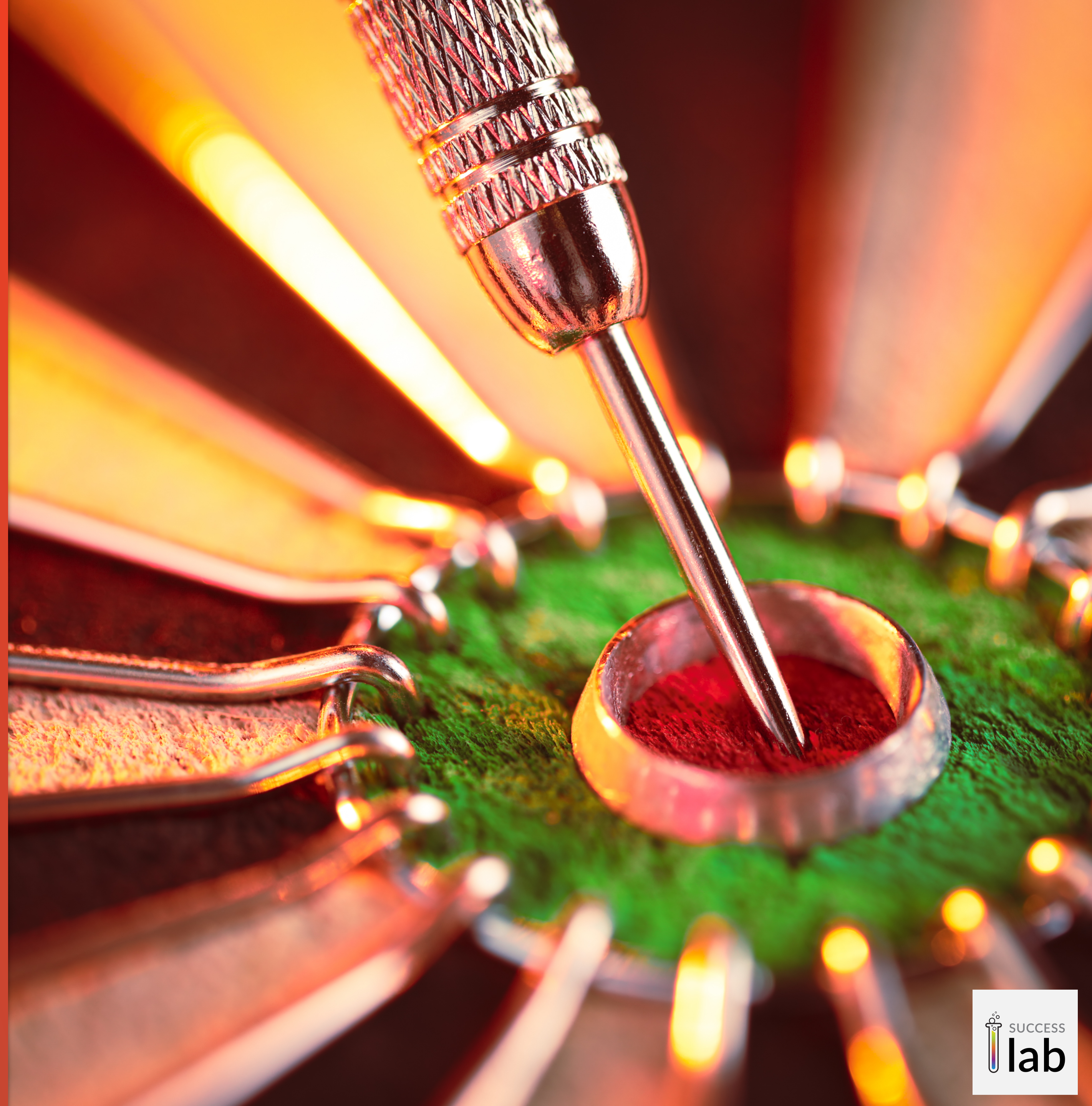


SUCCESS GOAL SETTING



Goal Setting



A comprehensive set of personal and professional goals can be the greatest gift you ever gave yourself.

Yes - we are all in the pursuit of happiness.

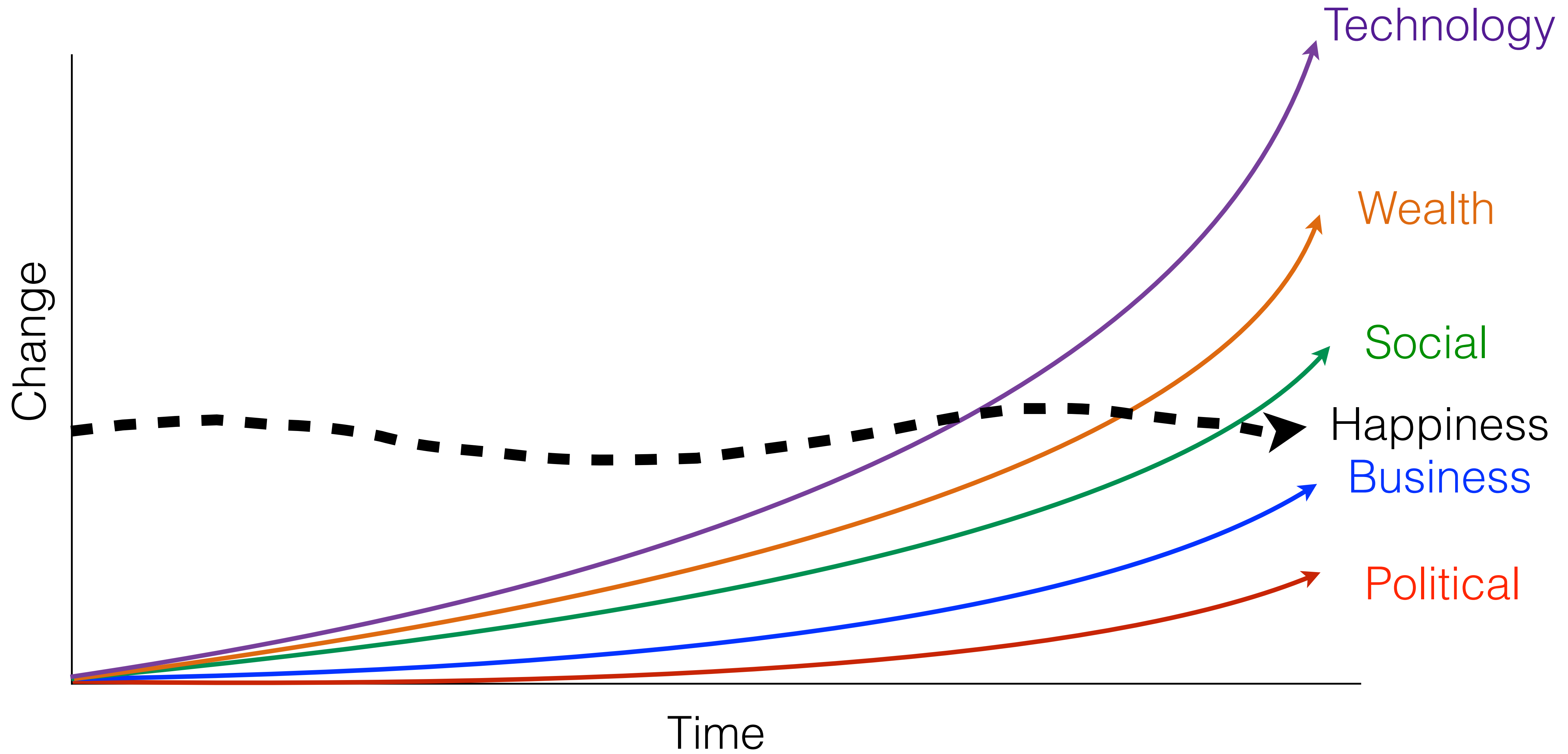
Goal Setting

A comprehensive set of personal and professional goals can be the greatest burden you ever placed on your own shoulders.

**If we are still chasing it -
then by definition we
DO NOT yet have it.**



SUCCESS GOAL SETTING



The Big Problem

It implies we can 'get/earn/create' happiness through achievements, victories, successes accolades, awards, accomplishments, performance, triumphs...

eg: Many people's goal is to win the lottery.
But they don't actually want the money.
They will willing swap the cash for a house.
But they don't really want the house.
They want the 'security' they imagine...

Which of course does not exist...

The Big Problem

It implies we can 'get/earn/create' happiness through achievements, victories, successes accolades, awards, accomplishments, performance, triumphs...

Not only is this complete BS:

1. Nothing on the list (*above*) prevents misery and suicide.
2. Most 'happiness' created by winning is transitory.
3. If you can (?) make it work - you are on a treadmill.

Traditional Goal Setting Is Flawed

- ✘ Usually based on what we don't want
- ✘ Often conflicts with values
- ✘ Usually unrealistic
- ✘ Normally trying to 'make up' for a failure/pain/shortcoming
- ✘ Mostly unsustainable
- ✘ Doesn't consider what we bring to the table

Researchers Tell Us:

- ✘ There is no measurable increase in happiness above \$70,000/yr.
- ✘ Traditional goal setting no longer 'works.'
- ✘ Most people are overcome by "*Just keeping up.*"
- ✘ There is overwhelming choice that was never previously available.
- ✘ Our ability to predict is diminishing rapidly.

Researchers Tell Us:

- ✘ We are about as talented as goldfish when it comes to predicting what will make us happy.
- ✘ Reality never unfolds as planned.
- ✘ Time for introspection, learning and updating (even, me time) has vanished.
- ✘ **Our lives are changing so fast we have difficulty planning for more than year.**

How do you plan for a future you can't imagine?

You change the question.

Instead of “What will make me happy?”
(house, car, boat, career, partner, holiday...)

“Aaahh, gee, I’ll lock in (D) Eddie, All of the above?”

You Change The Question

Instead ask:

1. “Who would I have to become?”
2. “How do I need to behave?”
3. “Why would I be happy with my life?”

Those questions (and others in the same vein) take you inside - away from “things” that are external and towards “character.”

This goal will truly 'deliver.'

When we become the person we dream of because we act according to our beliefs, values, morals and standards - we experience happiness as a deep, permeating, contentment and satisfaction with our life and the way we are living it.

Working Top Down

Therefore it is imperative that we work “top down” when it comes to our goals.

1. What do you truly value that you wish you had more of in your life?

Health/fitness/vitality, Relationships, Me time, Making laughter,

2. What general goals will help you realise those values?

Healthy eating, quality time, solitude, “lightness”

3. What specifically would move you towards (2)?

Intermittent fasting, afternoon walks, going to the gym, reaching 80Kgs, comedy on Youtube

4. What smaller activities/projects/tasks are stepping stones?

Researching longevity, scheduled holidays, 75% days at gym, low alcohol (70%), concerts, new recipes, growing food

Goals For Success

- ✓ Address values and conflicts
- ✓ Considers consequences (positive and negative)
- ✓ Uses your strengths and weaknesses
- ✓ Has milestones
- ✓ Address mindset issues and beliefs blocking you
- ✓ Uses your 'why'
- ✓ Driven by emotion
- ✓ Includes education, accountability and guidance

Goals Writing Formula

It is [date] and I am [target/goal].

I feel/am [emotion / results].

Example

It is Christmas 2021 and I am 62kgs.
I am full of energy and excitement
about my life and my goals.

How does this goal fit with my
values?

Conflict or complement?

What other goals will
be effected by
reaching this one?

Positive and negative.

What other goals will
be effected by missing
this one?

Positive and negative.

What **strengths**
am I bringing to
this challenge?

What **weaknesses**
am I bringing to
this challenge?

What are the milestones?

Break the goal down into the smallest possible chunks
set milestones MATHEMATICALLY.

What do I need to
stop doing to reach
this goal?

What are the consequences of stopping this behaviour?

What do I need to
start doing to reach
this goal?

What are the consequences of starting this behaviour?

What do I need to
focus on doing to reach
this goal?

How do you feel about that?

What is the **mindset**
issue I need to overcome
to reach this goal?

How will you do this?
What do you need to learn?

What is your
WHY
for this goal?

It's deeper than the surface!

What **emotion** am I
trying to create by
reaching this goal?

Why do you want to feel that emotion?

What **emotion** am I
trying to prevent by
reaching this goal?

Why do you want to feel that emotion?

What do I **need to learn**
to reach this goal?

Where? Who? How? When?

What do I
need to unlearn to
reach this goal?

Where? Who? How? When?

Who is my
accountability
buddy?

What is my
mantra?

eg. I am a slim, trim, fit and healthy 62 kgs

What bottom line
beliefs do I need to
change?

WHO can
help me?

Example

How does the goal fit with my values ?	Treat my body as a temple, be a good example to my kids, feel healthier - have integrity with myself.
What do I need to stop doing?	Unplanned meals!!! Treats that are food. Snacking and grazing.
What do I need to start doing?	Intermittent fasting, low carb meals
What do I need to focus on doing?	Fresh pure and Natural food in SMALL PORTIONS. Eat SLOWLY. Put knife and fork down while eating.
What is the mindset issue?	Food = Love

Example

What are the milestones ?	3 kgs by end January then 1 kg per week until reaching 62 kgs in late November.
What other goals are effected by reaching this one?	Overall fitness and energy levels -ability to get more done - elevated self esteem.
What goals are effected by missing this one?	Lack of energy to play with kids and get more done in a day - self esteem plunges (again)
What strengths am I bringing to this challenge?	Tenacity and willingness to stick with the plan
What weaknesses do I need to overcome to reach this target?	I'm not great on my own and will cave to temptation such as biscuits if they are in the house.

Example

What is my WHY ?	Feel good about myself because I rose above challenge.
What is the emotion I am trying to create by reaching this goal?	Strong, capable, happy, successful and energetic.
What is the emotion I am trying to prevent by reaching this goal?	Hate myself for being weak and giving in to temptation.
What do I need to learn ?	Glass of water first! When hungry, ask myself if actually hungry, the gap.
What do I need to unlearn ?	Eating when not hungry.

Example

Accountability Buddy?	Meet Pete in the gym 5 days a week
What is my mantra ?	I am a slim trim, fit and healthy 62 kgs
What bottom line beliefs do I need to change?	Food = Love (treat)
Who can help me?	Ask Paul how to change Food = Love
What actions do I need to take each week/day?	Track food consumption. Minimise carbs according to Keto principles. Get to bed early. Track gym visits. Empty pantry of garbage.

Assignments

1	Decide on the major goals for 2021 and run the main ones through the checklist. Eliminate Values Conflicts! Identify time frames (milestones) and accountability systems.
2	Identify the main MINDSET ISSUE preventing each goal from being achieved. Get this issue into written form. (This is actually your personal development plan for 2021)
3	Identify the background feeling you want experience in 2021. How are you going to DELIVER that?