

GOALS - 11 STEPS TO SUCCESS

- 1. Get clear on your “WHY”** to create meaning with regards to your goal.
- 2. Write out your goal** - repeat this step at least once per day.
- 3. Challenge yourself:**
 - How committed are you to achieving this goal?
 - Have you been aspirational and bold enough?
 - Have you challenged yourself-limiting beliefs?
- 4. Share your goal to create accountability:**
 - With your winning circle
 - With your coach and mentors
 - Go public - post your goals on social media!
 - Update your accountability partners regularly.
 - Embrace their feedback and challenges.
- 5. Create a process to break your goal down:**
 - Use the GiFT631 1+3+6 process
 - Go big/SMUUT in terms of the 1
 - Set 3 sub-goals or milestones
 - Create your 6 next best actions
 - Take the first one
 - Be consistent
- 6. Create some visual representations of your goal:**
 - Vision board
 - Screensavers
 - Other visual reminders - place them where you see them frequently
 - Visualise - see yourself achieving your goal
- 7. Pick a song that links to the goal** (or create a playlist)
- 8. Schedule (time-block) time to focus on the goal:**
 - Make sure it is when your energy is great.
 - Avoid interruptions or disruption
 - Make sure your phone/notifications are switched off or silent
- 9. Debrief on your actions to find improvement** (both successful and otherwise)
- 10. Set clear milestones and celebration points.**
- 11. Start!**
 - Take immediate action.
 - Be consistent in taking goal focused actions.
 - Remove any downhill habits that prevent you being at your best/stop you focusing on your goal.