

Time to set your goals

During your initial preparation questionnaire, I asked you a series of questions relating to what you wanted to get out of this course. Some of these questions may feel similar to that questionnaire, but now you have completed module one, you may have slightly different answers this time around.

When we set our goals, it's important to be really clear and **focus on what it is that you want – not what you don't want**. You wouldn't go to a restaurant and just tell the waitress “just bring me something you think I'll like,” would you? It's the same with our goals.

I like using the SMART method of goal setting. SMART is an acronym that stands for Specific, Measurable, Achievable/Attainable, Realistic, and Time Bound or Towards the Positive.

Let's look at weight loss as an example. If you had a goal of wanting to lose weight, that alone is very vague. If instead you changed that to “by 31 December 2016 I will be down to my ideal weight of 65kg” that's much more specific. You'll know on 31 December 2016 whether you weigh 65kg's or not. However, if it's 29 December, and you weigh 100kg's that would be a completely unrealistic and unachievable goal.

If you want to focus on a more positive emotional state, it can be more challenging to make this a SMART goal. With this you could really dig a bit deeper and think about what a more positive emotional state means to you – does it mean laughing every day? Spending time with the people you love? Then make that into a goal instead – e.g. to do one thing for yourself every day that makes you laugh and have fun.

You could set goals for each area of your life – reflect on your wheel of life exercise here and pick out those areas where you have a bit of a flat tyre going on. That may be a good place to start creating goals. If you find it too overwhelming to look at more than one area, then one goal is totally fine.

You can start with something really simple, e.g. to get out of bed by a certain time each day, or to do 10 minutes of exercise or more each day – or you can go as big as you like, as long as you are keeping it achievable and realistic.

When we set goals that are unrealistic and unachievable we are setting ourselves up to fail. So start small if you aren't used to setting and achieving goals, because when you are successful at achieving them, it gives you the confidence and motivation to move forward.

I want you to take a look at the questions below and **answer them as if you were your best self**.

If you could wave a magic wand right now, and have everything exactly as you want it to be, then how would it be different?

Coach Carly xx

How do you want it to be if you could wave a magic wand?

How would your family life look and feel?

What kind of work would you be doing? How does it make you feel?

How would you like your physical health to be different?

How about your emotional wellbeing/mental health?

How would you like your environment to look at feel?

How would you like your financial situation to be?

Would you like to have more fun, and have more hobbies?

How would your home life be different?

How different would your self image, self esteem and confidence be?

What you be doing in terms of personal development?

How would you be different with your kids?

Would you be travelling and holidaying?

How would you be taking care of yourself differently?

Now we are going to get back to how it is now.

Take a moment to reflect on the above answers, and also compare and contrast it with your wheel of life. Which areas are a priority for you to focus on improving right now?

Create 1-3 goals based on those areas that need improving.

These goals can be as small (baby steps) or as juicy as you like. Be sure to follow the SMART goal setting model.