

14-Day Self Growth Challenge

WITH COACH MOLLY K

Day 6: Setting Goals for the Future

Hopefully you have all of the work from your previous activities in one place. Now is the time you use what you have learned already to set goals to execute on your preferred future. Consider the areas of the Wheel of Life that need more attention, review what your “12 Months from Now” vision for yourself is, refresh on what’s important to you, then settle down for some goal setting.

What needs to happen to realize your preferred future? That’s where your goal setting begins. How do you articulate your goals? Make sure they are SMART. There are a lot of slightly different versions on what SMART stands for, but for simplicity’s sake let’s just use the one’s the wellness app Noom uses:

Specific: Clearly defined and detailed.

Measurable: Easy to determine whether the goal was accomplished.

Attainable (or some folks use “Achievable”): Something you can accomplish with hard work as opposed to something you can accomplish only if magic happens.

Relevant: Aligned with your other goals, preferred future, core values, etc.

Time-based: Linked to a time frame.

Here is a link to a great worksheet to help you refine your goal: [CLICK HERE](#)

Special note: *Keep in mind that having too many goals to work on at once can make it challenging to achieve anything. Ideally you would only be focusing on 2-5 big goals at a time. A couple might be work related and a couple might be more personal focused.*

Looking forward to growing with you!

- Molly K.

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