GOAL SETTING

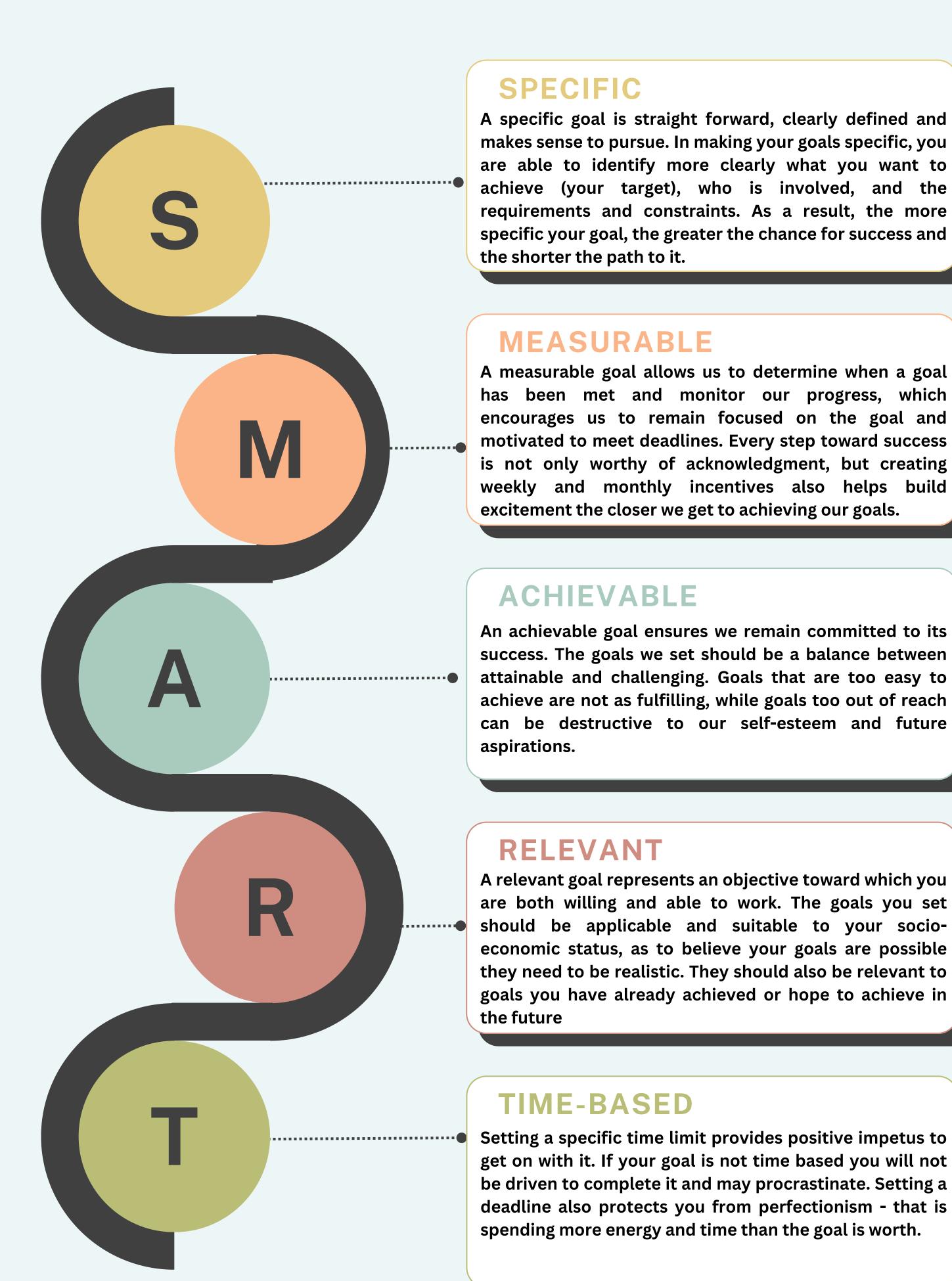
Setting goals is important for achieving success, and providing clarity, direction, importance, and meaning to decision making. It is particularly useful if you need motivation and want to be in control of your actions and their consequences.

Based on research and practical experience, goal setting techniques are processes that allow you to measure and chart your progress. It helps establish where you want to be, how to get there, and how close you are to reaching your goal.

A popular tool used for goal setting is the S.M.A.R.T. acronym.



S.M.A.R.T



Goal Achieving & Success

After you have clarified what you want, set your goals and moved to specific action steps, success depends on your self-discipline, determination, and ability to take action.

To achieve your goals focus on the consequences of succeeding. Some consequences will be extrinsic (fame and fortune), while others will be intrinsic (self-actualization and mastery). Some consequences will be pleasurable and others aversive. While avoiding aversive consequences (failure or criticism) can be motivating, pleasurable ones are more helpful for building positive behaviors. Some consequences will be immediate and others delayed. Immediate consequences are more effective motivators.



To achieve success, you need both persistence and flexibility. When you face difficulties and unexpected problems, stick to your goals and change the means of achieving them. However, sometimes circumstances arise such that a change in goal is needed. Remember a wise choice can be to drop the current goal in favor of something more timely.

In addition to helping increase your productivity and motivation, goal setting also increases your self-realization, self-image, self-esteem and self-confidence in all areas of your life.

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