

People Change With Goals

There are many research studies which say that most of us don't set goals – although some say they have them but just in their head. An early Harvard study found that only 3% of all graduate students wrote down their career goals. Mom and Dad can't be too happy about that!

"In absence of clearly defined goals, we become strangely loyal to performing daily acts of trivia." – Author Unknown

If having goals in life is so important to achievement in life, why don't more of us have goals? According to the www.LeadtoImpact.com article: "10 Reasons Why People Don't Achieve Their Goals" by Bernard K. Haynes (CEO of Lead to Impact), we struggle with goal-setting because we:

1. **Live in a comfort zone** – But you cannot afford to exhaust precious time and energy living in a comfort zone. Don't let the enemy of fear, complacency or worry keep you locked in a comfort zone. It is time to break free and do life differently.
2. **Have a negative mindset** – To overcome a negative mindset, you must refuse to think the same way. Renew your mind. Refocus your thoughts. Recalibrate your approach, and watch your energy explode and your enthusiasm become contagious.
3. **Fail to take consistent action** – Consistent action is a reliable, dependable and coherent approach to daily living that aligns an individual with his or her life goals. This daily approach is not a system of habits, but a progressive attitude in pursuing your goals.
4. **Lack focus** – To eliminate your hindering distractions, you must first decide to refocus your efforts on exactly what is important. Next, you must weed out everything that will not assist you in achieving your goals, including those things that look good to the eyes.
5. **Try to do too much** - Trying to achieve too many goals can overwhelm you to the point of frustration and procrastination. Your time is limited and you can't do everything. Keep it simple. Keep it targeted. Focus on one to three major goals.
6. **Succumb to fear** - Fear will attack you with an all-out assault to encourage you to give up and walk away from attempting your goals. Take a bold stand against fear. Tell fear to get out of your way, because you have goals to achieve and a vision to live.
7. **Relive the past** - Your moment is right now to do what you need to do. If you don't do it, today will become yesterday and you would have missed another chance. Don't miss your chance. Don't forfeit the time you have remaining trying to relive yesterday.
8. **Listen to pessimistic people** – Pessimistic people can drain your energy and kill your enthusiasm. They will consistently see the negative side of life and let you know about it. You have the power to walk away and reject their poisonous words.
9. **Make excuses** - If you want to grow to your full potential, you must learn to take full responsibility for your life. Accept where you are, learn from your past, and take immediate action. It's up to you to make your move and stop making excuses.
10. **Procrastinate** – Procrastination can lead to laziness causing you to relax or comply, with no will to get anything done. Do not fool yourself, your actions and in-actions tell you what you truly value. Transform from a procrastinator to a person of action!

So, let's say that you've overcome all those obstacles, and you're ready to set some new goals. What do you do? What's your plan? What do you do first? Turn the page, and let's find out...

As a Professional Counselor and Coach who has been helping people set and accomplish goals for many years, I'll save you the trouble of reading all the research I've read on the subject, and we'll boil this down to some common-sense concepts you can put into practice right away.

Before you jump into this for real, though, realize that goal-setting and follow-through to action is not best-treated as an individual sport. You're much more likely to succeed if you share your goals with a trusted person first, and then account to them regularly as you accomplish things. Take the following steps to setting **G O A L S**, and your life will never be the same:

Goals

Take time to pray about a vision for your life going forward. Then consider the goals you would need to accomplish to make that preferred vision come true.

Options

Brainstorm, with a competent person you trust, numerous options for accomplishing each goal you have. Then commit to the option(s) that you like best.

Actions

Create action steps for each goal you have. Research shows these actions should be **SMART: Specific, Measurable, Attainable, Realistic, and Time sensitive.**

Launch

To launch into action, consider how you can raise your motivation, make action steps as easy as possible, overcome obstacles, and find needed resources.

Sustain

Turn your new actions into habits so your transformation is sustainable. Guarantee your ongoing success with accountability and lots of encouragement.

NOTE: if you work with people who are not used to setting goals in life, your personal support, encouragement, and accountability in this goal setting process will make a world of difference. Almost all of us need someone to play the role of coach in our lives if we're going to "press on toward the goal for the prize of the upward call of God in Christ Jesus." (see Philippians 3:13-14)

"Without counsel plans fail, but with many advisers they succeed." Proverbs 15:22