

Goal Setting That *Works*



About Me

Hey, I'm Jeremy Fein. I love coaching strength and skill-building. When I'm not coaching, I'm probably practicing one of those things myself or hanging out with my partner and dog. And by "hanging out," I mean eating ice cream...

But this is about YOU. **My aim here is to help you take such a good first step that the next ones come easily.**

As you go through this, feel free to reach out any time.

Happy goal setting!

-Jeremy



Overview

- Four sections: WHAT - WHY - WHY NOT - HOW
- You might be tempted to skip a section. I don't recommend it. :)
- Thinking through your answers won't work. Write them down.

WHAT



Step 1

Write down 10 potential goals. They can be broad, narrow, clear, silly, ambitious, fun, competitive, anything.

Step 2

Underline the easiest and most important goals.
Cross out the hardest and least important.

Step 3

Circle the goal with the highest combination of ease and importance -- within reach, and meaningful. Now you have the one goal we'll work with!

Step 4

Determine whether your goal is process-oriented or outcome oriented. Mark it with a P or O.

Step 5

Is it sincere? Before going further, please make sure this isn't just a goal you're pursuing for someone else.

Step 6

Rewrite your goal in the clearest possible terms. Try to define it so that someone could look at your goal and behavior, and THEY could judge whether you succeeded.

WHY

If you set a goal that isn't meaningful, you'll give it up when something more important comes along (as you should!).

Let's get clear on why this project matters.



Step 1

Why is your goal important to you?

...Why is THAT important to you?

...And that?

Step 2

List at least one EXTRINSIC form of motivation for your goal (money, praise, etc.).

Step 3

List at least one INTRINSIC form of motivation for your goal. If no one else knew about it, what would still make you want to go in this direction? If you can nurture that drive, you'll be off to the races.

Step 4

Give yourself at least one reminder of your WHY.

Present-tense you think it's obvious. But future you is busy and forgetful! Give them a post-it note, calendar notification, tattoo...some friendly reminder of why your goal is meaningful.

WHY NOT

It can FEEL good to set ambitious goals and pat ourselves on the back for doing great things. But planning to do something is not doing it.

So let's take off the rose-colored glasses, and stay grounded.

Step 1

Spend 3 minutes trying to list reasons why you might NOT succeed -- why you might try, and fall short.

There's no way you have 100% chance of success, right? Think creatively, write down your "NOTs," and then we'll move on. No need to dwell here for long.



Step 2

If you were a robot, you might accomplish your goal no matter what. But as a human, you might not have chosen the right goal. Maybe your WHY stays true, but you find out that your WHAT didn't make a ton of sense.

Write down at least one reason why Future You might CHOOSE not to accomplish your goal.



HOW

Most goals people set are more like wishes, desires, or hopes. If you don't finish this process any more likely to achieve your goal, then it won't have been worth your time. **This last section -- coming up with an actual plan -- will do the most work in getting you closer to your goal.**

Step 1

Think of your goal as a big project. By definition, it will involve many smaller steps -- if it were just one action, you'd just go do it! **Write down at least 3 mini projects that make up your overall project.**



Step 2

For each mini project, write down the VERY NEXT action. Even if it feels tiny, easy, or silly. These are the achievable steps that will build momentum.



Step 3

Map out some of the key landmark actions between you and your goal. It might look like this:



Next Action 1 --> NA2 --> NA3 --> NA4 --> NA5

Need a hand?

Ultimately, the *work* is what works. But if you're not clear on where you wanna go, you're a lot more likely to get lost.

Book a free call today to clarify your goal(s) and get on a path to success.

www.FeinMovement.com