

19 Questions to Extraordinary Goal-Setting

GREAT Goals are:

Outcome focused: Once your **why** is understood (and it's a good & enthusiastic why) you're 90% there!

In line with your values: The more a goal aligns with your inner or core values – the easier it will be **Stated in the positive:** Example, "I want healthy fingernails" rather than "I want to stop biting my nails"

and SMART:

Specific (so you know exactly what you are trying to achieve)

Measurable (so you know when you have achieved it!)

Action-oriented (so you can **do** something about it!)

Realistic (so it **is** achievable) and

Time-Bound (has a deadline)

Focusing on the **Outcome:**

1. What is it that you **really** want here? Dig deep...
2. What is the **specific outcome** that you are looking for?
3. What is the **pain** for you of not achieving your goal?

Aligning with your **Values:**

4. Is this goal in line with your life vision/overall life-plan? If you don't know, what's your gut-feel?
5. Is this goal in line with your values? Ask yourself what's really important to you in life - will this goal help you achieve more of that?
6. Are the goals something you truly want, or are they something you think you **should** have or **should** be doing? If it's a should, it may be someone else's dream...
7. When you think about your goal does it give you a sense of deep contentment or 'rightness', happiness and/or excitement? These are good signs that it's a healthy goal.
8. How does this goal fit into your life/lifestyle? Think time/effort/commitments/who else might be impacted?

Identifying **Obstacles:**

9. Can you start & maintain this goal/outcome? ie. Do you have complete control over achieving it?
10. How will making this change affect other aspects of your life? ie. What else might you need to deal with?
11. What's good about the current situation? ie. What's the 'secondary gain' for staying right where you are?
12. What might you have to give up/stop doing to achieve this goal? If there was something important around achieving this goal (to help you succeed, or that could get in the way) that you haven't mentioned yet, what would it be?
13. **Who will you have to be** to achieve this goal?

Goal **Sizing:**

14. Is the goal the right size to be working on?
Too big? Break down into smaller goals. Too small? Fit into a larger goal.
15. What would be the minimum/super-easy level of goal to achieve?
16. What would be your target level of goal to achieve?
17. What would be your extraordinary level of goal to achieve?

Resources – **get moving:**

18. What resources do you **already have** to help you achieve your goal? (things, people, contacts, personal qualities, skills, info, finance etc). Create a list!
19. What resources do you **need** to help you achieve your goal? Create a list.