

# GOAL SETTING

Lunch-N-Learn

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Ben Saathoff

# POPULAR NEW YEAR'S RESOLUTIONS

- Lose Weight
- Volunteer to Help Others
- Quit Smoking
- Get a Better Education
- Get a Better Job
- Save Money
- Eat Healthy Food
- Manage Stress
- Manage Debt
- Take a Trip
- Reduce, Reuse, and Recycle
- Drink Less Alcohol
- Get Fit

# Goal Setting

REACH ONE!

benefits

decision & making

reflection

career

self-growth

business

relationship

contribution

purpose

life

health

finance

exciting

ready

realistic

moments



<b>S</b>	Your goals should be <b>SPECIFIC</b> . Include dates, resources, and dollar amounts you'll need to accomplish them.
<b>M</b>	They should be <b>MEASURABLE</b> by the date, dollar, or other appropriate unit. They should also be <b>MUTUAL</b> . (A legal or financial goal that you share with a spouse, partner, or family members will be easier to achieve.) And, it's best to define strategies for staying <b>MOTIVATED</b> towards your goals.
<b>A</b>	Your goals should be <b>ATTAINABLE</b> for your situation. You might even be able to complete part of your goal right now.
<b>R</b>	If your goals are <b>REALISTIC</b> and <b>RELEVANT</b> to your life, they'll be easier to achieve. Identify the <b>RESOURCES</b> you'll need to reach them, and <b>REVIEW</b> and <b>REVISE</b> them when necessary.
<b>T</b>	You'll need a specific <b>TIMELINE</b> to accomplish your goals. Since there's never enough time to complete all of your goals immediately, you'll need to prioritize them.

# MISTAKES IN SETTING GOALS

too  
BIG

too  
MANY

not  
SPECIFIC

not  
WRITTEN

# HOW TO CREATE A REACHABLE GOAL

- First, what do you want?
  - How, do you plan on reaching your goal?
  - Is your goal something you can measure?
  - Is this goal attainable and realistic goal?
  - How many time will it take?
- Second, write out your plan.
- Third, evaluate your plan after you started towards your goal.
  - Make adjustments if needed to your plan.
- Fourth, reach your goal.
- Finally, create a new goal.

# EXAMPLE GOALS

- I would like to lose weight.
- This year I would like to save more money.
- I would like to lose 10 lbs of fat by Spring Break.
- This year I will set up my checking account to transfers at \$10 into my saving account every pay check

**THANK YOU**

Any  
Questions?