

# Create Inspiring Goals

The future is coming regardless of whether you plan for it or not. Setting great goals will enable you to have the future you want, not the future you will get by default by drifting along. There is a very clear process you should follow in setting goals. Each step is as important as others. As you set your goals, follow this process, leaving nothing out.

## Step 1: Give it a name

The name of your goal is important, particularly when you are setting the goal as a couple. The name of the goal becomes a rallying call to action. If it really means something to you, you are more likely to pursue it.

## Step 2: Describe it clearly

Give the goal a description that makes it completely clear what you are seeking to achieve. A clear description brings the goal to life.

## Step 3: Quantify it

There's no point having a tangible goal if it can't be quantified and measured. At this point don't worry if it is achievable or not, just put a number on it. This gives you everything you need to calculate the capital required to fund the goal.

## Step 4: Give it a date

Putting a date on each goal sets the time frame for when it will be achieved. I liken this to setting the clock ticking. From this point, each day you delay taking action reduces the probability of you achieving the desired outcome. It is best to use a meaningful date such as a birthday or an anniversary, just so you have something to look forward to once you achieve it!

## Step 5: Assess the benefits

This is a test of how committed you are to taking action. Ask yourself the following question: 'Let's say I have achieved the goal – what would I be thinking and feeling having achieved it?' If the answer is something like, 'Awesome' or 'I'll feel great' or 'relief', then you know you are on the right track. If you don't have a reaction like this, you may just be going through the motions.

## Step 6: Is it worth the effort?

The final step is to ask yourself whether the goal is worth the effort required to achieve it. You are really asking yourself, 'Is this juice worth the squeeze?' If the answer is 'yes', then you are ready to implement. If the answer is 'no', then you need to head back to the drawing board.

## Step 7: Periodically review your progress

Periodic review of your progress will enable you to keep score and make the course corrections you need to remain on track.

# Goals Worksheet

Goal name:

Goal description:

Money required to achieve goal?

Target date?

What are the benefits of achieving this goal?

Is it worth the effort?