

How to set great goals!

WHEN SETTING YOUR WONDERFUL END GOAL IT'S GREAT TO CONSIDER THE FOLLOWING...

Positively stated - the human mind is terrible at processing negative instruction - we must tell it what we do want, not what we don't.

Resources - internal and external. Do you have the commitment, staying power, desire, confidence etc. to succeed. If not, we have NLP techniques we can draw on to help you. What external resources will you need? Money, people, knowledge?

Initiated and maintained by self - Is the outcome totally within your control? Can you adjust your outcome if it depends on something outside of your control? If you have others to help you make sure you keep responsibility for your choices.

Ecology - What are the consequences of you achieving your outcome? What are the likely impacts on others? Are they acceptable to you?

Sensory evidence - How will you tell you have achieved your outcomes? How will it feel, look, sound etc? Take time to imagine how the future will look when you have reached the goal.

Time - What timescale are you working towards? It's good to put markers in along the way when working towards a long term goal.