

Goals and Goal Setting

We are all going to be tracking a goal for the next 6 weeks. This can be a personal or an academic goal, but is going to be a realistic and track-able goal. You will be responsible for checking in with your accountability partner on a weekly basis to discuss your big rocks and progress on your goal.

5 keys to goal setting

1. **Count the cost:** Are you willing to give all you've got to make this goal a reality? Are you willing to make the sacrifices that will be necessary to achieve your goal? Make your goal bite-sized and not super sized.
2. **Put your goal in pen:** "A goal not written is only a wish." A written goal carries a whole lot more weight than one just spoken.
3. **Just do it:** Once fully committed to achieving your goal, the power needed to complete it will increase.
4. **Use momentous moments:** You need to harness momentous moments for goal setting. A new trimester, new relationship, death or birth are momentous moments that can mean a new start.
5. **Accountability partner:** We get strength in numbers so share your goal with your accountability partner. Have them help you stay on track and work towards your goal. Help them with theirs too. This will increase your chances for success.



My Personal WILDLY IMPORTANT GOAL -WIG: (from X to Y by When)

Why this is important to me:

Actions I need to take to achieve my WIG:
✓
✓
✓
✓

People and/or resources that can help me achieve my WIG: