

The Golden Rules of Goal Setting

- Start with the big picture. What do you want to accomplish in the next ten years?
- Set goals that motivate you. Why is your goal important to you?
- Establish SMART goals.
 - **S**pecific
 - **M**easureable
 - **A**ttainable
 - **R**elevant
 - **T**ime-bound
- Use positive language to state goals.
- Focus on performance goals rather than outcome goals.