



Developing
Goals
For Success

KB



Although it might sound like it is simple and straightforward to set goals, few people create them in effective ways or in ways that are attainable. Here are some steps to take when setting goals so that you maximize your chances of achieving them.

1. Make sure the goals are specific. Sometimes when people try to set goals for themselves, they define the goals in overly general or vague ways. When a goal is vague or stated too broadly, it's difficult to know what aspect of the goal you're aiming at, how long it will take to accomplish and what needs to be done to accomplish it. For example, stating, **"I want to learn to cook Italian cuisine,"** is more general and vague than stating, **"I want to learn to make lasagna."** The more specifically your goal is stated the more easily you can gauge what you need to do to achieve it, how long it might take and what the outcome is likely to be.

2. Be realistic. Few things sabotage a person's efforts more than when they set an unrealistic goal. Goals can be "unrealistic" in various ways, such as by being too large of a goal, one that cannot be achieved or one that is not achievable within a specified amount of time. An example of a goal that is unrealistically large in an unrealistic period of time is that you will lose 50 pounds of weight within the next 10 days so that you can look good for your high school reunion. Trying to make yourself likeable to everyone in the world is an example of a goal that cannot be realistically achieved.

3.

Plan the steps. Many people are often frustrated by the process of setting goals because they do not know how to get from “here” (where they are now in the beginning of the process) to “there” (at the end of the process and at the achievement of the goal). In order to get from here to there, the process looks like this:

- Set a goal that is specific and realistic
- Write down the steps that are necessary to move from your current position (at the beginning of your goal) to your final position (the achievement of the goal)

Example:
GOAL:

“*I want to get an Associate’s Degree in Criminal Justice within the next two years.*”

STEPS:

- Find a local school that offers the Associate’s Degree in Criminal Justice
- Find a local school that offers such a degree within a two-year program
- Find out the costs for attending the school
- Identify how you will pay for the classes
- Register and pay for the courses
- Attend the required classes
- Study and earn a grade point average sufficient for graduation
- Don’t give up for two years!

So, use the above example as a template for your approach to setting goals and you will increase your chances of accomplishing the goals you set