

EFFECTIVENESS OF GOAL SETTING



These steps are beginning of your plan to achieve your dream. Yes, I said “Plan.” It has been documented that three (3%) percent of the Yale University graduating class of 1953 hand-written goals. After 20 years, the same three 3 percent were wealthier than the other ninety-seven (97%) percent. In fact, they own most of the world. A goal is a quantifiable wish with a timeline. A goal must be SMART.

S – Specific

M – Measurable/Trackable

A – Attainable

R – Relevant

T – Time Oriented

You must determine what you want to achieve. Do not think about what you can or cannot afford. Let your mind go wild. Sit in a quiet space and focus on your life over the next 30 years. Randomly write what comes to your mind.

**Be outrageous. Be daring.
Become ridiculous. Have fun.**

Write your 21 goals you desire to happen in your life. Don't think about how you are going to pay for them. Assume if you thought about them the universe will find a way to get them. Just think and write. Write down your first three experiences and any goals that attach to those experiences. Write goals and experiences you want to achieve over the next 30 years. Don't forget to include these categories:

21 Goals

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