

Goals Checklist

	Yes	No
Is your goal stated positively? Focus on what you do want, rather than what you don't want. Eg 'Weigh 57 kg' is better than 'Lose 10 kg'		
Is it measurable? E.g 'Weigh 57 kg' is better than 'be at my ideal weight'		
Is it time bound? Date by which the goal will be completed/achieved.		
Is it Real? Make it stretch you, but still be achievable		
*Is this goal congruent with who you are and what's important to you?		
Does this goal increase the choices available to you and add value to your life?		
Does this goal add value to the people in your most intimate circle?		
Does this goal add value to the wider community?		
*When you think about the tasks involved to achieve this goal do you get excited? Are you passionate about doing what's necessary?		
*Will you experience joy as you are achieving this goal?		
Do you know what will you gain if you achieve this goal? E.g. Energy, longer life, more time with grandkids		
Do you know what you will happen if you don't achieve this goal? Won't be able to play and participate fully in my kids lives		
Do you get to share your gifts/talents/wisdom with others as you work toward achieving this goal?		
Have you started a list of the resources you are going to need to help you achieve this goal? (People, information, skills, tools, books etc)		
Have you started a timetable of what tasks/actions/activities you need to do to achieve this goal?		
Have you taken the first step to achieving this goal? If not, stop everything and do one thing right now!		
Have you written a statement that describes how you will know when you have achieved this goal? The best way to do this is to make it sensory rich, in the present tense, describing exactly the situation (what will you see, hear, feel, touch, taste that will let you know you've been a success) E.g. Today is 15 January 2008 and I am standing in front of an audience of 2,000 people who are applauding and cheering me. I am feeling exhilarated that I have been able to deliver to them information that has transformed their lives		
Is this goal posted somewhere that you will look at it daily?		
Do you spend time daily visualizing and feeling the feelings you will have as you achieve this goal?		
Do you have your (growing) list of steps/action/activities close to you at all times?		

* These are probably the most critical in determining whether or not you will achieve your goal.