

# Trina's strategies for goal-setting success

1. Set the scene
2. identify your focus areas
3. Mind Map
4. Assign a time (1, 3, 5, 10+)
5. check for congruence
6. Prioritize 1-year goals



7. Visualize the outcome
8. Set SMART goals
9. consider obstacles
10. Accountability



get in the right  
headspace and physical space

## 1. set the scene

- light a candle
- centering meditation
- last year's goals
- worksheets!
- vision board
- pinterest, magazines
- pens, markers, etc.

## 2. identify your focus areas

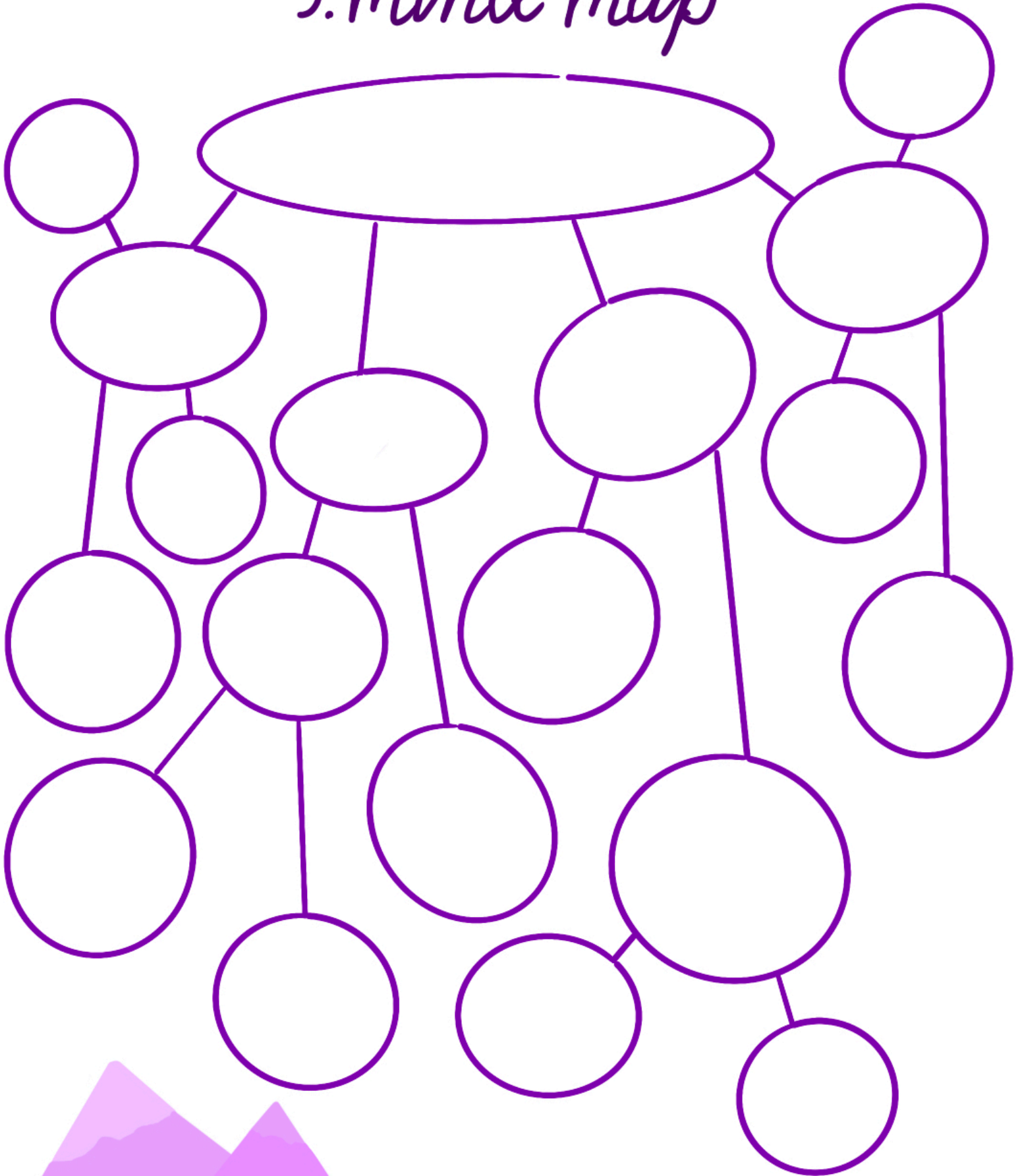
some suggested focus areas:

- health
- spirit
- relationships
- community
- career
- finance
- fun

brainstorm



# 3. mind map



*use this template for each of your focus areas*

4. *assign a time* assign everything on your mind map a number for how soon you see yourself achieving each goal:

• 1 year • 3 years • 5 years • 10+ years

5. *check for congruence*

make sure your long-term and short-term goals complement each other

ex: if you want to be a yoga teacher in 3-5 years, do you have "do yoga" on your 1-year goals?



6. *prioritize 1-year goals*

if you have a lot of 1-year goals, narrow them down to the top 4-6 designate them by circling them or starring them

# 7. visualize the outcome

when I...

I will feel...

when I...

I will feel...

when I...

I will feel...

when I...

I will feel...

when I...

I will feel...

# 8. set SMART goals

specific · measurable · attainable · relevant · time-bound

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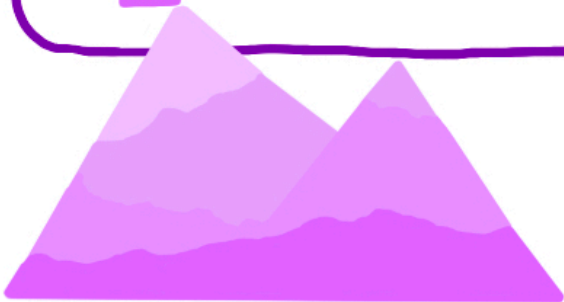
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## 9. Consider obstacles

brainstorm a list of obstacles that might prevent you from successfully achieving your goals

examples:

- resistance
- fear of failure
- fear of success
- required changes



## 10. accountability

what are some specific ways that you can positively reinforce your Goal-Setting Strategies?

suggestions:

- accountability buddies
- support groups
- public declaration