

GOAL SETTING

CODY'S COLUMN



PART ONE: WHAT DO YOU WANT?

What do you think the dictionary definition of power is? It's simply: the ability to act. So, if you have the ability to take action, then you have the power to achieve.

But are you achieving what you want in your life? Ask yourself: what drives my behavior, what is it that makes a difference in my performance? It all comes down to one thing: your goals. If you have the ability to act, you can achieve anything. All it takes is a direction for you to focus your actions, and your power into. Pick the direction, stake out your goals, and you can achieve anything. I'll show you how.

This article is the first in a series of articles I'm planning about goal setting. I believe it to be a cornerstone of training. Think of it as the core workout for your mind during the training process. And the first sets of exercises are going to burn that extra fat out of your mind. We're going to give some shape and focus to your life, by identifying just what it is you want to achieve--what your goals are--and the fun part: thinking about what achieving those goals is going to do for you.

If you're onboard so far, then you're ready for the first step. What I want you to think about here is two types of goals you're going to set for yourself: the micro and the macro. All you have to do is generate a list of your micro goals, and another of your macro goals. Think big and small here. Nothing is too outlandish. If you dream it, you can achieve it. So when you write do it in the positive. For example don't write: I will never eat chocolate cake! Write: I will eat healthy. Once you've laid out all your goals, you've already taken the first step in achieving them.

The fun part is thinking about what achieving those goals is going to do for you. Once you've generated your goals, try writing about what the outcomes of those achievements will be. Again write in the positive, and visualize exactly what it will feel like. It will help you with the next installment of my goal setting workshops.

YOUR WORKSHOP

What specifically do you want to achieve?

By what date do you want to achieve this?

What do you plan on doing to be able to achieve this?

By achieving this goal, what will become available to you?

What will this goal allow you to do?



WORKSHOP EXAMPLE