GREAT Goals are:

a) **Outcome focused**: Once you understand your WHY (and it's an enthusiastic WHY) you're 90% there!

b) **In line with your values**: The more a goal aligns with your inner or core values - the EASIER it will be to achieve. NOTE: We can achieve goals that don't align with our values but it's harder to do and less satisfying.

c) **Stated in the positive**: ie. "I want healthy fingernails" rather than "I want to stop biting my nails"

and **SMART**:
- **Specific** (so you know exactly what you're trying to achieve)
- **Measurable** (so you know when you've achieved it!)
- **Action-oriented** (so you can DO something about it!)
- **Realistic** (so it IS achievable) and
- **Time-Bound** (has a deadline)

**Focusing on the Outcome**:
1. What is it that you really, REALLY want? *Dig deep…*
2. What is the SPECIFIC outcome you're looking for?
3. What is the PAIN for you of NOT achieving your goal?

**Aligning with your Values**:
4. Is this goal in line with your life vision/overall life-plan? *(Don't know - what does your gut tell you?)*
5. Is this goal in line with your values? *(Unsure? Ask yourself what's REALLY important to you in life - will this goal help you achieve more of that?)*
6. Are the goals something YOU truly want, or are they something you think you SHOULD have or SHOULD be doing? *(Tip: If it is a SHOULD, it may be someone else's dream…)*
7. When you think about your goal does it give you a sense of deep contentment or 'rightness', happiness and/or excitement? *(If so, these are good signs that it's a healthy goal.)*
8. If you could have the goal RIGHT NOW – would you take it? *(If not, why not? What issues are there?)*
9. How does this goal fit into your life/lifestyle? *(Time/effort/commitments/who else might be impacted?)*

**Identifying Obstacles**:
10. Can YOU start & maintain this goal/outcome? *(ie. Do you have complete control over achieving it?)*
11. How will making this change affect other aspects of your life? *(ie. What else might you need to deal with?)*
12. What's good about your CURRENT SITUATION? *(ie. What's the benefit of staying right where you are?)* Then ask, how can I keep those good aspects while STILL making this change?
13. What might you have to give up/stop doing to achieve this goal? *(Essentially, what's the price of making this change – and are you willing to pay it?)*
14. If there was something important around achieving this goal (to help you succeed, or that could get in the way) that you haven't mentioned yet, what would it be?
15. **WHO** will you have to BE to achieve this goal?

**Goal Sizing**:
16. Is your goal the right size to be working on? *(Too big? Break down into smaller goals. Too small? Fit into a larger goal.)*
17. What would be the MINIMUM/Super-Easy level of goal to achieve? *(Give yourself a goal range so you can’t fail to achieve!)*
18. What would be your TARGET level of goal to achieve? *(Range so you can’t fail to achieve!)*
19. What would be your EXTRAORDINARY level of goal to achieve? *(Goal you can’t fail to achieve!)*

**Resources - get moving**:
20. What RESOURCES do you already have to help you achieve your goal? Make a list! *(eg. things, support from people, contacts, personal qualities, knowledge, skills, money, time etc.)*
21. What RESOURCES do you NEED to help you achieve your goal? Make a list!

*IMPORTANT: REMEMBER – GOALS are there to INSPIRE YOU not to beat yourself up with!*