

# Achieving Good Goals

*“A goal is the overall target. Objectives are the steps along the way.”*

## 1. Generate a list of your goals

It doesn't matter how many there are. The more the better. Start by working out how you spend your time and how much you enjoy those activities. Then what makes you happy and how you want the world to change for the better. Think of specific activities and general topics. e.g. both 'I like reading philosophy' and 'I like learning new things'.

## 2. Ask why

Take each item you have written down and ask why it is there until you get back to "it genuinely makes me happy" (even happier than most alternatives) and/or "it makes the world a better place" or something else really, really obvious as to why you would want it. Feel free to mark one that you don't want to turn into goals.

## 3. Focus on the 20%

- Combine goals that are for a common target. Try to find themes and common ideas. Feel free to add to the first two lists you have made and iterate until you are sort of happy with it. Don't try and get it perfect.
- Remove 80% of the goals, leave only the ones you really, really care about. You can always add more when you have achieved these, but by then your goals will have probably changed enough to warrant doing this again. Don't remove things because they are hard if they are really important to you.

## 4. Generate Objectives

Take each of the goals and turn them into objectives. The task here is twofold:

1. Make it objectively clear when it will be complete. e.g. turn 'learn to dance' into 'attend 5 dance classes'.
2. Make it related to things you have control over rather than things you don't e.g. turn 'be able to do a handstand for 10 seconds' into 'practice handstands for 5 mins each morning for a week'.

## 5. Use Mental Contrasting

- What would life be like one year on if you failed (would it make a difference)
- What situation (H.A.L.T) would cause you to fail
- What would you feel like right after you succeeded (would the journey be worth it)
- What is a likely sticking point or annoyance
  
- Are you excited about getting started?
- Do you think you will succeed?
- Is it worth the effort, time and cost?
- (if no to any of the above three then drop or modify the goal)

## 6. Find a Trigger (and plan a response) – THE MOST IMPORTANT BIT!

Write down exactly where you will be and when (date and time) the action will be performed.

## Goal Prompts

These are things to help you fill up a few pieces of A4 with ideas that you can start turning into a list of goals. Err on the side of writing things down, aim for quantity over quality at this stage. This page is ordered so that each bit should help you work out what to write in later parts. Go through it point by point writing down as much as come easily to you then move on, then review it all.

### Who are you?

- What things do you know? (more-so than the general population)
- What things can you do? (more-so than the general population)
- What roles do you play to other people, or do people see you as? (teacher, painter, etc)

### How do you spend your time?

- What happened in you last few (Weekdays, Weekends and Holidays)?
- What happens on normal (Weekdays, Weekends and Holidays)?
- What great (Weekdays, Weekends and Holidays) have you had?

### Your Future

- What are the experience you want to have?
- What things do you want to learn?

### Loves

- Activities (what do you love doing)
- Places
  - where makes you happy?
  - what's the ideal environment for you to work
  - what's the ideal environment for you to have fun
- People
  - who do you admire or want to be around, why?
  - who you like working with, why?

### Ideal World

- What do you want the world to be like?
- What do you want your life to be like?
- How do you want to be remembered?
- What things make you happy?

### Goal Categories

- Intellectual (books, subjects)
- Health (diet, exercise, sleep)
- Emotions (feel more/less of, more control)
- Career (is the career path you are on leading you to a place you want to be)
- Financial (are you happy with how much you spend, save, earn)
- Social (people to spend more/less time around, what kind of people do you want to meet)
- Fun (what do you want to do)
- Personal (what character traits do you want to change)
- Philanthropic (how do you want to help others, or help the world)