



Celebrate Your Successes

Acknowledge Your Wins and Successes.

Adage 'What Gets Measured Gets Done'

Keep a Journal or a Computer File.

What are ways you can celebrate your successes?

Things to remember with goal setting:

- ❖ You are in control. Control the pace. Take small steps. Small steps lead to big results.
 - ❖ Goals distract you from looking too close to the "big picture".
 - ❖ Choose goals you are likely to reach but also stretch you in the process.

***"A positive mindset goes hand in hand with goal setting.
There will be times you are challenged; always
remember you can only hold ONLY ONE thought in your mind at a time." – Debra Kasowski***

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What Does Goal Setting Do?

- Makes goals more realistic and attainable
- Help make a plan of action
- Get clear on what you want
- Motivates and challenges you
- Develop a vision
- Provides a new perspective
- Demonstrates commitment
- Take 100% responsibility for your results
- Improve productivity
- Strengthen belief in one self
- Pervasive influence on behaviour and performance
- Stretch you out of your comfort zone
- Discover resources in time, money, people
- Break cycles of negativity
- Solution oriented
- Promotes discussion
- Assist with better decision making on the future
- You can begin from where you are RIGHT now.

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How to Use Goal Setting in Business

1. Assess Where You Are At
 2. Discover Your “Why”
 3. Create a Business Based on Vision and Mission Aligned with Values
 4. Follow a Blueprint – Systems & Processes
 5. Engage Your Team
- ❖ Focus on the Future by Making Decisions Based on Your WHY!!!
 - ❖ Set Deliverables and Objectives

SUGGESTED READING LIST

GPS Your Best Life: Charting Your Destination & Getting There in Style – Charmaine Hammond & Debra Kasowski

Write It Down, Make It Happen Henriette Anne Klauser

Eat that Frog! Brian Tracy

Start with Why Simon Sinek

The Success Principles Jack Canfield

Goals Zig Ziglar

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Staying Motivated & Building the Momentum

People are motivated by achievement and rewards. They are naturally motivated to do a good job. When challenged, people will push themselves to reach their goals. The goal needs to be high enough to challenge you and low enough to be attainable. Fall in love with the process as it is not a one-time thing.

- ❖ Start with small goals or challenges so you can celebrate immediate success.
- ❖ Find inspiration by reading blogs, articles, or books related to your goals.
- ❖ Get help where needed – delegate and outsource what you can.
- ❖ Focus on your greatness.
- ❖ Replace negative thoughts with positive thoughts.
- ❖ Do one action every day that stretches you.
- ❖ Do something creative.
- ❖ Exercise.
- ❖ Check in with your “why” regularly.
- ❖ Review your goals daily, weekly, and monthly.
- ❖ Ink your goals and post them where they can be a visual reminder. Wallet, bathroom mirror, or the refrigerator.
- ❖ Engage others in goal achievement by sharing your goals on social media.
- ❖ Get an accountability buddy.

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List Your Motivators

THANK YOU FOR DOING THE WORK IT TAKES TO REACH YOUR GOALS!!!

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