

## Tips for Goal Setting

Over the past decade I have researched hundreds, if not thousands, of pages of psychology texts, self help books, coaching manuals, and other peak performance materials. Goal setting continues to be a major contributing factor to excellence. It is said that most people do not plan to fail, they simply fail to plan. Personally, I find goal setting exciting as it is like sitting down and designing your perfect training schedule, holiday, or life! It is like a wish list for living, what could be more fun than that? Well, achieving those goals is even more rewarding. Here are some condensed tips for setting your goals this year, think big and act now. Good Luck!

- Andy Hourahine, Sensei

### 1) Set them!

*You have a choice in your life. With practice you can be the designer of a fantastic life experience. Like any worthwhile endeavor it will take time and effort. A good start is to sit down and do some brainstorming, write down everything you would like to achieve in the various domains of your life (work, activity, family, etc). From this session, start to create a shortlist of both immediate and long term goals.*

### 2) Be Specific.

*Larger, long term goals are a great starting point; then try and turn each of these larger goals into smaller, concrete, relative, and realistic daily goals. This process is much like the karate belt system where the overall goal of technical competence is broken down into small attainable units that can be achieved in order over daily practice.*

### 3) Set a Deadline.

*Goals with a specific timeline have a much better chance of being attained than do goals that can easily be pushed aside until "tomorrow". For instance, tonight, before you go to bed, write down 5 goals for the following day.*

### 4) Write them down.

*Writing your goals down is an early form of the commitment required for achievement. Keep your large goals in view where you can turn to them when the going gets tough. Keep an ongoing journal or notepad where you can jot down your smaller goals as "TO DO's".*

### 5) Define the Costs.

*All goals come with a price tag. Decide and prioritize your most important goals and decide if you are willing to pay the price. For this reason, in order to be successful in your achievements you must truly desire the goal in mind. Furthermore, although coaches, teachers, mentors, family members etc can be sources of help, guidance and inspiration; no one can set your goals for you.*

### 6) Do something NOW, before you leave your goal setting place.

*I like this one! Before you leave your goal setting place, make a phone call, send an email, make a request, do a push up, whatever! Make a conscious and concrete step toward your goals NOW!*

### 7) Share Your Goals

*As mentioned, instructors, coaches, peers, friends, family members can be a tremendous source of inspiration, motivation, and encouragement. But they can only help you if they know your dreams. Tell someone you trust what your goals are!*

### 8) Believe in your ability.

*If you truly believe in something you can achieve it. Without belief in your ability to achieve you are lost. Your visions and expectations are your guide to the final goal.*

### 9) Connect with the step in front of you.

*All goals can be broken down into small, concrete, attainable pieces. Practice focus and concentrate on the step in front of you without losing sight of the big picture.*

### 10) Talk, Think, Be Positive.

*If you look for the good things around you, you will see them. The same goes for the negative things. Force yourself to talk to yourself in a positive fashion, and then tune your thoughts in to positive things; Your character will soon follow.*