

BLOGHAPPYCLUB

Goal Setting Social Media Booster Kit

Goal Setting Conversation Starters:

1. Write one of your current goals. Then write 3 additional versions, which include modifications that you may need to make before you reach the goal. Why did you choose these modifications?
2. Within an existing goal, identify a technique that you aren't sure will work. What misgivings do you have about it?
3. Which 3 of your goals do you find most 'boring'? Revise them to include alternate activities or actions that can make them more fun. Share them.
4. When you include a number limit in your goals, do you tend to under-estimate or over-estimate? Why?
5. Share a story about when you realized your mindset had changed.
6. When you set your expectations, do you usually expect too little or expect too much of yourself? Why?
7. Describe 3 motivations, which usually get you up and going when nothing else can. Why do they work so well?
8. When it comes to challenges, would you prefer to compete with yourself or someone else? Share a story that provides details of a great example.
9. Most people don't like it when things change. Tell us about a time when you really had no choice but to change. What helped you to make it through or succeed?
10. Describe the 3 types of goal reminders that work best for you. Why does each work so well?
11. What positive self-talks or phrases do you use when you make a mistake or need to push on through to complete a task/activity?

12. How can you make your completed-goal achievement marks more visual and personal? What symbols or words would inspire you or make you smile?
13. List 20 cover-all statements to remind yourself that you've "got this" and why. (Ex: "I can do this because I am/have/know ... [insert strength, quality, or value].")
14. What image/shape symbolizes courage for you? List 10 ways you can acknowledge (even silently) your courage, when you begin working on a new goal.
15. Create notes below your goals to help you identify or decide at what point you will revise, when you will replace, and when you will remove something that is preventing your success.

Goal Setting Quotes:

1. Never think of revising as fixing something that is wrong. Think of it as an opportunity to improve something you already love. - Marion Dane Bauer
2. The smartest people are constantly revising their understanding, reconsidering a problem they thought they'd already solved. They're open to new points of view, new information, new ideas, contradictions, and challenges to their own way of thinking. - Jeff Bezos
3. Periodically revising our philosophy of life as we live it is a critically valuable exercise. - Charles Bates
4. Small changes can produce big results - but the areas of highest leverage are often the least obvious. - Peter Senge
5. I find that even small changes sometimes jog you out of a mental rut. - Tom Perrotta
6. If you do what you've always done, you'll get what you've always gotten. - Tony Robbins
7. Your life does not get better by chance, it gets better by change. - Jim Rohn
8. You have to set goals that are almost out of reach. If you set a goal that is attainable without much work or thought, you are stuck with something below your true talent and potential. - Steve Garvey
9. If what you are doing is not moving you towards your goals, then it's moving you away from your goals. - Brian Tracy
10. Review your goals twice every day in order to be focused on achieving them. - Les Brown
11. As you take action toward your goals, you must realize that not every action will work or produce the desired result. Making mistakes and experimenting to see what happens are all part of the process of eventually getting it right. - Jack Canfield

12. When you accomplish a goal, don't cross it out. Instead, write "victory" next to it and move on to the next one. This way, whenever you have a bad day, all you have to do is to review your victories to feel good about yourself. - Jack Canfield
13. High self-esteem isn't a luxury. It's a necessity for anyone who has important goals to achieve. - Jack Canfield
14. To set and work toward any goal is an act of courage. - Stephen Covey
15. Be ready to revise any system, scrap any method, and abandon any theory, if the success of the job requires it. - Henry Ford

Goal Setting Tips:

1. Growing Goals. Like children, your goals will grow and change over time. You'll need to modify their environment a little to keep them on the right track.
2. Check the big picture view. Regularly assess your progress and ask questions about your techniques. This helps you learn more about yourself, including how you work best.
3. Occasionally revise your goal to add variety. When a routine becomes too "routine" it can get boring and you struggle. Make it easier or more fun by adding a variety of options.
4. Divide and Conquer. Small changes to routines can produce big results. The same can happen with goals. Make small changes to goals to address new or changed needs.
5. Mindset Modifications. Sometimes, your goal is not what needs to be modified. Instead, your mindset, perspective, or motivation needs to change slightly. Tweak, test, and track.
6. If something just isn't working at all, continuing to do it for a longer period won't make it suddenly work. Modify a method, expectation, or motivation, related to the goal. Test it.
7. Action Test. It's not enough to want change, plan changes, or set goals. If you want change, you must also act. Intentional, focused, determined, actions prompt change.
8. Challenging Goals. While goals should be realistic and achievable, they should also challenge you to go beyond your current abilities and stretch your expectations of yourself.
9. Gaining & Losing Ground. If you aren't making progress, you're losing ground because you can't regain lost time. Make changes to make progress and gain ground.
10. Review Goal Focus. Review your goals several times a day. Put up goal reminders on your mirror, refrigerator, desktop, drinking cup, or in a photo frame. Read more to achieve more.

11. Accept that not every action will give you the desired results. It's ok to experiment and make mistakes. Achieving your goal is a process. Revise when needed and go with the flow.
12. Victory Sign. When you achieve a goal, write 'VICTORY!' beside it so when you review your goals, you get visual encouragement from seeing your successes.
13. Boost and maintain a healthy self-esteem and sense of confidence. The more you believe in yourself, the more likely you are to achieve your goals.
14. Courage, Camille. Take pride in yourself any time you set and work towards completing a task or achieving a goal. It takes courage to step out of your comfort zone, do the right thing, take a chance on the unknown, keep trying, dream big, etc.
15. Ready, Set, Revise. If you really want to succeed, you must be willing and ready to revise, replace, or remove anything that prevents you from achieving your goal.