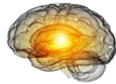


Why Resolutions Fail And
**How to Create Goals
That Work**



*Thought Assessment:

- Why have you, or have you not, created resolutions?

- What outcome do you expect from making resolutions?

- Have you failed at a resolution before? If so, why?

#1 Your Resolutions Fail Because They're Vague

SMART/SMARTER Goals:

- ❖ Specific
- ❖ Measurable
- ❖ Attainable
- ❖ Relevant
- ❖ Time-Bound
- ❖ E_____
- ❖ R_____

- A resolution is vague.
- A goal gives you clarity about what it is you want in one of the domains of life.

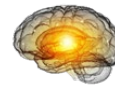
NOTES

#2 Your Resolutions Fail Because They're Boring

- You lose your way when you lose _____.
- Which of the following is **not** one of the characteristics of a compelling goal?
 - a) Intellectually stimulating
 - b) Spiritually meaningful
 - c) Physically challenging
 - d) Beautifully enhancing
 - e) Emotionally energizing

#3 Your Resolutions Fail Because They're Too Easy

- Comfort Zone- too easy and incremental
- Discomfort Zone- challenging to where it stretches you
- Delusional Zone- unobtainable and unrealistic



*Thought Assessment:

- What is a goal you think you've wanted to set that may be considered in your comfort zone?

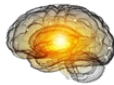
- In the delusional zone?

NOTES

#4 Your Resolutions Fail Because They're
Overwhelming

- You come up with sub-goals for your goals.
- Have fewer goals and more relevant goals.
- Setting priorities in a to-do list:
 - “From all the things I *could* do, what are the things that I *must/should* do?”
 - “If I could only do one of these things, which one would be the clear winner? Okay. That’s my priority.”

#5 Your Resolutions Fail Because They're
Easily Forgotten



*Thought Assessment:

- What change would you like to see in yourself after creating goals?

- What are the obstacles you will face in achieving your goals? Why?

NOTES



In a Yale study of the 1953 graduating class, it was determined that only 3% had completed all 8 steps in the goal setting process (as offered by Zig Zigler), while 10% had completed some of the steps. The remaining 87% had taken no specific goal setting steps. In 1973, 20 years later, in a follow-up with the class, the 3% who had set goals had accomplished more in their careers and finances than the other 97% combined. Be a part of the 3% and write your SMART goals below.

SMART Goals table

	Husband	Employee	Financial Goal	Physical Goal
Specific/Significant Goal (clear and exact)				
Measurable/Meaningful (how much)				
Attainable/Action-Oriented (Can you do it?)				
Relevant/Realistic and Rewarding (What is the change?)				
Time Based/Trackable (When do you plan to complete this goal?)				
Possible Obstacles				
Possible solutions/ Support network				
What's in it for me? Benefits I will receive				



To help you say YES to the important and NO to the less important/unimportant, and to focus on those goals that will take you to your next level of life success, complete the following:

See yourself 5 years in the future. Your life over these last 5 years have been perfect, everything has gone just as you wanted. See your life and feel how good it feels to have accomplished so much. Write down what you did over the last 5 years in as much detail as you can. Then answer the following questions:

- 1) What are the choices you are making, behaviors in which you are involved, that **will limit you** from reaching this perfect life?
- 2) What are you **NOT doing** in your life that if you were doing, would help you accomplish this life?
- 3) What **changes** do you need to make now, to achieve your perfect life?

Answer the three questions by completing the form for each area of your life you want to improve

Doing now (limit you)	NOT doing (accomplish)	Changes to be made

What are your roles?

One strategy to motivate you is to make small, but meaningful changes that aren't hard to do, we just need to find time in our schedules. Stephen Covey, author of *7 Habits of Highly Effective People*, writes about putting first things first. In order to put first things first, it is helpful to think in terms of our different roles. For example, roles that one person could have are: husband, father, brother, son, friend, teacher, employee, team member. What are your key roles?

Once you have a list of your roles, ask yourself this key question:

“What is one thing I could change as a _____ (insert each of your roles) that would make a significant positive difference in my life?”

Each of your answers become your goal for each of your roles. If the answer/goal is truly meaningful and will make a significant positive difference in your life, you will be motivated to follow through on each goal for each role.