

Goal Setting Process

1. **Design Your Vision:** Where would you like to be by the end of the year, or whatever your time frame may be? Be as broad or specific as you like, because you can break it down later.

2. **Identify Your Obstacles/Excuses:** What are the things that will trip you up or get in the way of your success. How can you prevent these from happening? By identifying them now, you will be able to recognize them and try to prevent them later.

3. **Commit Your Resources:** Who will help you? This is important to have others on board as accountability partners. How much time do you have to devote? How much money? What tools do you already have in place to help you?

4. **Momentum Activity:** Identify the actions that will move you toward your vision(s). What can you do within the next 48 hours to start momentum? What can you do daily and weekly to continue the momentum?

5. **Take Action:** Make every effort to do something daily to move you toward your vision. Don't try to do everything at once. Break them into smaller chunks (short-term goals). Re-evaluate the process and don't hesitate to modify when you see things are not working as you originally planned. Celebrate your successes.

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