

## Goal Setting Mind Hacks

Goal setting is a crucial ingredient to become successful. If you don't have a plan you are certain to get nowhere. Also, reaching goals is a sure way to become happy and motivated. Goals don't have to be huge. There are strong benefits of small goals: small goals can be reached much faster, thus getting sense of achievement very soon. And if you stack small goals on top of each other, say for 30 days, you get more and more drive. This can turn into an (addictive ;- ) habit of achieving.

Best of all, if these small goals fit together you eventually reach a big goal. Imagine what you would have achieved if 1 year ago you started to:

- write 1/2 page per day - you became author of a book.
- run for 20 minutes, each week 3 minute more - you run a marathon
- learn 5 words of a new language - you spoke the language now
- talk to 1 stranger a day - you lost fear of people, met new friends or a spouse
- sew, paint or tinker 30min a day - give away or sell art right now

All the small goals are totally achievable, wouldn't you agree? And in sum the 1 year goal is awesome.

How sad that you didn't start 1 year ago? Just start now, you will thank yourself in 1 year from now.

You should definitively set goals to become happy, successful and proud of yourself.

Don't set just any goal. Best is if they stack up to an awesome goal after a while. Also, the best chance in reaching far is in setting **smart** goals.

## The Art of SMART

Make sure your goals are smart, which is an acronym for

- S - **s**pecific, well defined, clear what it is
- M - **m**easurable, you always know how far you are from completion
- A - **a**chievable, YOU have time, knowledge and resources to reach it
- R - **r**elevant, it's worthwhile
- T - **t**ime-related, *when* it will be reached

If your goals are not S.M.M.R.T., chances are you will go astray.

## Good and Bad Examples

When goals pop into our minds, they may not be smart first. Often they can be reshaped for best performance.

### **not so good**

I want to be rich soon

I will become a runner

If I only had a new car

### **improved**

I want to earn \$4000 per month by end of next year

I'll do the NY marathon (26 miles) next year

I will find money, research and buy a new car in the next 2 months

Notice how each goal was improved by defining each of the SMART points. They are now more specific, have a time constraint, most are measurable because there are numbers. You have to take care yourself that you can achieve them and that they are worthwhile for you, your family, your friends.

If you subdivide a big goal into smaller goals you can work your way through by piling up small successes as mentioned above. The small goals give you drive and motivation each day. Small goals must be S.M.A.R.T. too. As they are measurable you have a sense of achievability, which in turn makes you bear up and indeed reach the big goal.