



ADIRA

Confident, Bold, Wise



EFFECTIVE GOAL SETTING

Jan 9th, 2024

Session Objectives

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1. Understand the different types of goals

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2. Discuss how to make SMART goals

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3. Understand how to map your goals effectively and practically

4

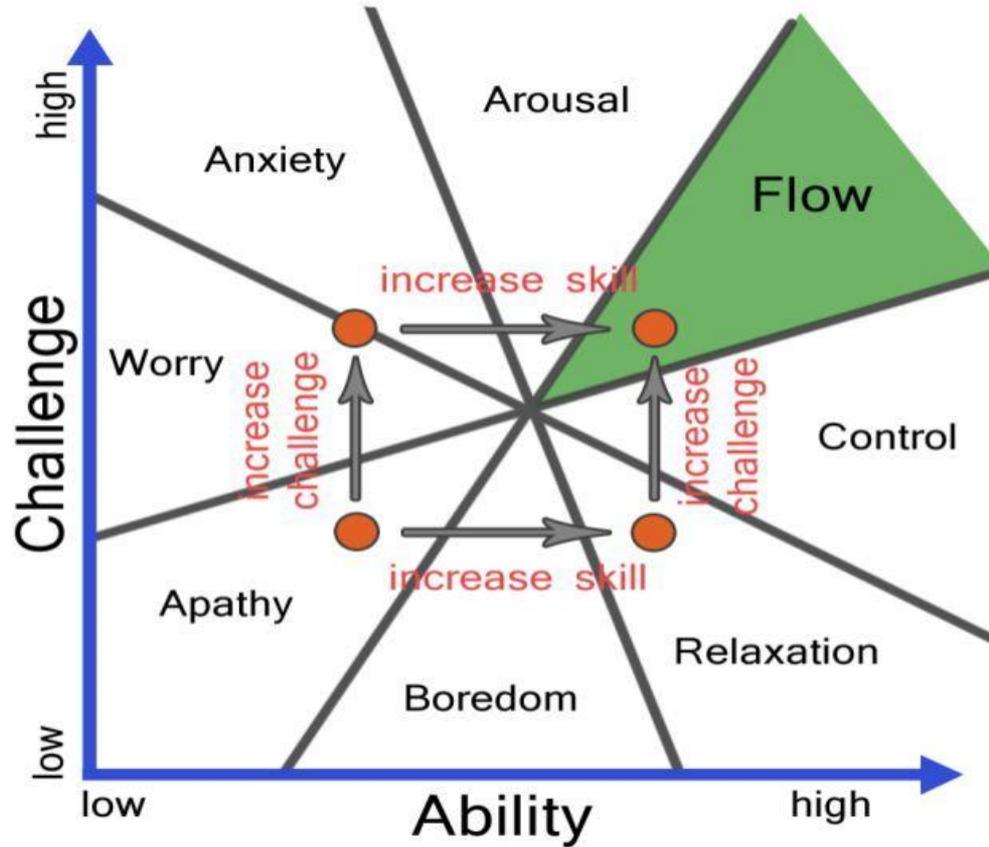
4. Discuss the challenges of effective goal setting.

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What are the challenges of effective goal setting and how do we overcome them?



What challenges have you previously encountered in achieving your goals?



THE CHALLENGE VS ABILITY MATRIX

What Challenges Are You Likely to Encounter?

- Time Management/ Competing Tasks
- Fear of failure
- Lack of resources
- Seeking perfectionism/Making Excuses
- Lack of tracking progress
- Un-supportive habits



1. Lack of Goal Tracking



How will you track your goal?



How often will you track your goal?



How will you measure progress?

2. Un-supportive habits

HOW TO RESET HABITS

HABIT I WANT TO CHANGE:	WHAT IT GIVES ME:	WHAT I CAN REPLACE IT WITH:	SO... I WILL:
WAKE UP & GRAB PHONE	ENERGY & CONNECTION	JOURNALING & CUP OF TEA	MOVE PHONE TO OTHER ROOM
CRITICAL SELF-TALK	A SENSE OF CONTROL	HUMOR & DETACHMENT	NICKNAME MY CRITIC
SITTING ALL DAY	PRODUCTIVITY & FLOW	WALKING MEETINGS	SCHEDULE AS SUCH
EVENING WINE	PLEASURE & RELAXATION	EVENING STROLL	WALK TONIGHT

xo @heyamberrae



3. Poor Time Management

The Eisenhower Matrix



4. Lack of Accountability Partner

An accountability partner is **someone who supports you to keep a commitment to a desired goal.**

An accountable person has to be someone who **can support and keep you committed and accountable** towards this goal. This person is often a trusted friend or acquaintance who will check in with you about your progress in a particular area.





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REWARD

In what ways will you reward yourself when you achieve your goal?



PAUSE & RECAP

Goal	Area of Life	Why/Rationale	Timeline/When	Activities Required	Resources Required (Financial & Non-Financial)	Accountability Partner	Reward
Lose weight: 10kg	Physical wellness	I currently weigh 85kg which is not healthy for me. I need to maintain an average weight of 70-75kg to manage my blood pressure	June 2019	<ul style="list-style-type: none"> -Start exercising at least 3 times a week for 30minutes -Eat dinner by 7.00pm and not later than 7.30pm -Take a glass of water every morning before breakfast -Join Loise in her evening walk every Wednesday 	<p><u>Financial</u></p> <ul style="list-style-type: none"> -Sports shoes -Sports gear(sports bra, tights, socks and jacket) <p><u>Non-Financial</u></p> <ul style="list-style-type: none"> Nanny to help prepare dinner on Wednesday during walk 	Adam (He is keen on healthy living and fitness)	Have dinner with Loise at Kempisky
Write one blog article per month	Self development, Leisure & Career	I like blogging and I want to build mastery and enhance my brand as a blogger	Dec 2020	<ul style="list-style-type: none"> -Write a list of topics I want to blog about -Allocate the topics per month (ensure the topics also connect to theme months e.g. February is about valentine/love) -Identify wardrobe & locations for photography based on the topic/theme -Meet with photographer every first Saturday of the month for pictures - write blog by the 7th of the month -Share with editor for review by 9th 	<p><u>Financial</u></p> <ul style="list-style-type: none"> -Payment for photographer -Good phone to take pics (when am doing it alone) -Money for transport and meals when doing restaurant reviews <p>(*Will endeavour to use my current wardrobe for this year's blog.</p> <p>*I will also do restaurant reviews when doing our monthly family lunch so it's more economical</p>	Stacy (She is very goal oriented but also enjoys fashion and all things bourgie)	Spa date for half year target Spend a night at Eneshepai for full year target

“Change. But start slowly, because direction is more important than speed.”

REMINDER



THANK
YOU



HAVE A
QUESTION?