



ADIRA
Confident, Bold, Wise



EFFECTIVE GOAL SETTING

Types of Goals



Understanding
the different
types of goals.

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Types of Goals-1



Provisional Goals – Also known as steppingstone goals. They are also enabling goals and primarily will enable the development or achievement of a habit that propels you to achieve the foundational goals. They may include read at least two journal articles in a week

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Foundational
Goals

**Capstone Goals-
Mid-Term Goals-**
Things you need to do within a period of say 3-5 years. They may include Signup and completing a PhD program at a local university

Capstone
Goals

Lifetime Goals- Also known as Long Term Goals- E.g, Become a Professor of Leadership and organizational development

Life Time
Goals

Types of Goals-1

Types of Goals- 2



Personal Development Goals



Career/Business



Financial Goals



Adventure Goals



Contribution /Legacy Goals

1. Personal Development Goals



- What would you like to learn? What SKILLS do you want/ NEED to master?
- What CHARACTER traits would you like to develop?
- **Who do you want to become?**

2. Career/Business



- What is your ideal / dream job/business?
And why does it matter?
- What companies do you desire to work for
and why?
- **Will your dream career/job give you the
money you want?**

Financial Goals



How much money do you want to make in a month, a year (3, 5, 6, 10 years from now?)



What financial decisions and habits do you need to start practising to help you achieve the things you want?

4. Adventure Goals



Away from work what gives you joy? In what ways do you invest to make this happen?



If you had no financial limitations what are some of the things you'd like to have/ experience?

5. Contribution /Legacy Goals



In what ways can you contribute to a better tomorrow?



How can you help others, in an impactful, sustainable way using your TIME, SKILLS/GIFTS and MONEY



What do you need to start doing today towards this?



Who can you partner with?

The 5 Most Important Questions

1. What is the **ONE THING** you want to achieve this year?
2. What is the one thing you **NEED** to do this year for your career, business, life etc.?
3. What are your goals and are they aligned to the questions above?
4. Which area of your life is your goal anchored on?
5. Why does achieving these goals matter?





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