



ADIRA

Confident, Bold, Wise



EFFECTIVE GOAL SETTING

Jan 9th, 2024

Session Objectives

1

1. Understand the different types of goals

2

2. Discuss how to make SMART goals

3

3. Understand how to map your goals effectively and practically

4

4. Discuss the challenges of effective goal setting.

Find Your Ikigai





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BUILD YOUR VISION BOARD





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Understanding
the different
types of goals.

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?



Types of Goals-1

1

Understand
the different
types of goals



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?