



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

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4. Discuss the challenges of effective goal setting.

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?



3

Understand how to map your goals effectively and practically



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How do you map out your goals?



“A dream becomes a goal when ACTION is taken toward its achievement.”

Bo Bennett





What is required to achieve your goal?- Activities



Start exercising at
least 3 times a week
for 30 minutes



-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

What is required to achieve your goal? - Resources

1. Financial

- -Sports shoes
- -Sports gear(sports bra, tights, socks and jacket)

2. Non-Financial

- Nanny to help prepare dinner on Wednesday during walk

How To Execute Your Goal



Type of Goal: Is it provisional, foundational, capstone or lifetime



Goal- Loose 10kg

Timeline- July 2024



Area of life: Physical Wellness



Rationale/Why it Matters: 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



How: What options are available for you? And which ones best fit your current schedule/lifestyle and resources



What is required- List financial and non-financial

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“Only the disciplined ones in life are free. If you are undisciplined, you are a slave to your moods and your passions.”

ELIUD KIPCHOGE



THANK
YOU



HAVE A
QUESTION?