What's Your Target?

It is important to know what you want and "no" what you don't want.

Before you commit to yet another responsibility, task, or project, know what you want and ask yourself:

- Is this taking me in the direction I want to go?
- Will this keep me on target?
- Does this support my current priority?
- Does this support my goals?
- Do I want to do it?
- Do I have time to do it in addition to the other things I've committed to?
- Do I want to let go of something else to make room for this?

TARGET

On the last page I've given you space to set your targets for the next three months. Think of these targets, not as goals, but as who and how you want to be. This is what you're aiming for. Think about who you want to be as a spouse, a parent, a sibling, a child. How do you want to show up in your work? Is there a spiritual, physical, or intellectual target you'd like to achieve?

GOAL

Your goals are ways to get to your target. Here are five hacks that will give you the best chance at achieving your goals. Write goals for each of your targets.

#1 State your goal in a way that is 100% under your control

Writing a New York Times Best Seller isn't in your control but sitting down to write each day is. Becoming a millionaire isn't in your control but skipping that specialty coffee every morning is. Losing weight isn't in your control but the choices you make and the habits you build are.

#2 Make the goal SMALL

Short term: for the next week or the next 30 days
Manageable: on the busiest of days
Active: the goal itself is taking the action
Lifestyle fit: something you could do for a lifetime, not just the quick fix
Leveraged: built on, around, or in addition to an existing habit or resource

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#3 Set up a BASE goal, a STRETCH goal, and a LEAP goal

Set up three levels for each of your goals so you can grow when life is working smoothly and still be successful when life throws a monkey wrench into the works. The BASE goal is the minimum you'd like to see. That is, if life doesn't go as planned for months - what would you still like to accomplish? Next, what's your stretch goal? This one takes more effort but isn't scary or too big. Then there's your leap goal. Not that it should be scary but it should require some effort outside of your comfort zone so you can grow.

#4 Ask how your goal supports your target, mission, motto, or purpose

If you've chosen to go with an annual motto or theme instead of a New Year's resolution, how does your goal support it? If you've crafted a personal or professional mission statement, how is your goal related to that? If you don't have a mission, motto or theme, you can still ask why your goal is important and how it supports you and your purpose.

#5 Review your goals weekly

Setting your goals is not the end of the story when it comes to achieving what you want. You need to review them, look them over, and note your progress (and identify your challenges). Reviewing your goals every week, dusting off the action steps you forgot about, and inserting time to work on your goals into the week ahead is key to moving forward. Sure, there have been times that you looked back at the end of of the year and happily found that you had achieved a goal you set in January. That was an accident. It's more common to end the year in frustration, wondering where the time went and thinking you'll never be able to achieve your dreams — unless you review your goals consistently. I recommend weekly. But monthly is better than annually, so dig into your goals today. Then identify when you will review them again and schedule it.

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