



THE POWER OF GOAL SETTING

What do you shoot at if you don't have a target?

1

CREATE A SENSE OF PURPOSE

Goals give meaning and aspiration to your personal and professional aspirations. Just writing goals down gives you a new sense of purpose.

2

HAVE CLEAR, FOCUSED INTENTIONS

Make deliberate decisions about a deliberate direction, and get better results.

3

OVERCOME PROCRASTINATION

An object at rest stays at rest, and an object in motion stays in motion. Action creates reaction. Set goals today.

4

FOSTER BETTER TIME MANAGEMENT

Manage your time more effectively by understanding what the best use of your time is.

5

DRIVE MOTIVATION

Seeing your goals ahead of you will inspire you; they give you a sense of urgency and a push in the right direction.

6

ACHIEVE BETTER AND FASTER RESULTS

In the Yale Business School class of 1953, 3% of the graduating students wrote down clear goals. Twenty years later, those 3% had a greater combined net worth than the other 97%.

7

HOLD YOURSELF ACCOUNTABLE

Accountability is what separates the super successful entrepreneurs and leaders from the mediocre.

8

MEASURE YOUR PROGRESS

If you really want to perform at the top level in any area of your life, you need written targets, and you need to measure progress against those targets.