



Ten Steps to Creating Goals That Get Results

1.

DO

Be sure that the goal you are setting is getting you the results you really want - walk it all the way through

DON'T

Create a goal to get what you think you could or should have or a goal which comes up short of the end results you want

2.

DO

Focus on what you could be doing

DON'T

Focus on what you should NOT be doing

3.

DO

Align with your strengths and resources and tendencies

DON'T

Align with your limitations and what you are lacking or missing or try to overcome yourself

4.

DO

Use exciting, inspirational words

DON'T

Use bland, boring words

5.

DO

Make it specific.

DON'T

Make it vague.

6.

DO

Make it quantifiable, measurable.

DON'T

Determine by qualities, emotions, feelings.

7.

DO



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Awakening Leadership Within

Create benchmarks; break it down into smaller elements.

DON'T

Create an overwhelming, impossible goal, so large you are immediately paralyzed by it.

8.

DO

Give yourself the resources to accomplish the goal.

DON'T

Deny yourself the resources to accomplish the goal.

9.

DO

Ask for support and assistance in achieving your goal.

DON'T

Try to achieve your goal in a vacuum, without support.

10.

DO

At least one action on a daily basis, no matter how small, towards achieving your goal.

DON'T

Wait for a large chunk of time to implement an action towards achieving your goal, or be inconsistent in your actions.

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1834 George Avenue • Annapolis, MD 21401

Tel: 443-433-0586 • Fax: 443-433-0587

Email: alicia@sophia-associates.com

www.sophia-associates.com