



Goal Setting



Setting Goals

The most important thing to remember when starting to set goals is that they have to be important to you, or they don't tend to last for very long. For instance, if you have decided to lose weight only because you're afraid of being ridiculed by others, it is very likely that you won't stick to this goal, as negative emotions may lead you to binge eat when no-one is looking.

It is also very important to remember that most things in life do not happen to people by chance. You have to plan many of your successes and then 'go for it' ¹. The first step is to figure out what you want to do, or achieve in life and then move forward from there. This is the hard part. One way to do this though, is to take out a piece of paper and write down everything you like and dislike on a personal, professional and emotional level. The table below provides an example of a young 25yr old females' likes and dislikes that led her to realise she was an artistic person and wanted to work one-on-one with people.

Table 1: Goal Setting Personality Finder

Personal Likes	Personal Dislikes	Professional Likes	Professional Dislikes	Emotional Likes	Emotional Dislikes
Reading	Time constraints	Writing	Technical (IT)	Kindness	Meanness
Watching girly movies	Rushing	Being creative	Large Organizations	Sharing	Cruelty
Exercising	Dieting	Design	Mathematics	Giving	Selfishness
Cooking	Shopping	Presenting to groups	Statistics	Friendship	Disrespect
Sewing	Lazing around	Problem solving	Jargon	Respect	Hatred
Drawing		Coordinating	Impersonal meetings		Jealousy
Eating out with friends		Managing people	Finance - greed		Competitiveness
Food		Group meetings	Inflexibility		

After completing the above table, you may realise that you're working in a field that does not suit your personality. Further, it may be time to reassess your relationships with the people you love. Are you putting your work above your family and friends if they are a valued part of your life?

Don't let life pass you by. Take that next step to achieve your dreams.

Reference:

1. Renesch, J. (1983). *Setting Goals*. Context Publications, San Francisco, CA.

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