8 ways to SET GOALS WITH GAME

BE SPECIFIC
Statements alone are not goals.
- Plot out deadlines, tasks, resources, people, expectations, etc.
Goals done well become maps for us to follow.

STAY REALISTIC
Goals come in all sizes.
- Use checkpoints and mini-goals along the way to keep the process manageable and achievable.

CHALLENGE YOURSELF
Within reason, invite/encourage/expect yourself to stretch.
Challenging goals position you to rise to the occasion, and are achieved at a higher rate than easy goals.

ENTERTAIN OBSTACLES
Goals take enough work as it is; don’t be surprised by something you could’ve planned for. Consider the obstacles — external, physical, internal, etc. — that could stand in your way.

BREAK IT ALL DOWN
Remember: goals are the sum of their parts.
- Break yours into smaller tasks or mini-goals
- Challenge yourself to think of all the hidden steps

PLAN IT ALL UP
Planning and scheduling are KEY to achieving your goal.
- Name all deadlines and periodic checkpoints along the way
- Create task-lists for your work sessions

REFLECT
Make time to tap into and learn from your experience.
- Are you meeting deadlines? What’s working? What’s difficult? Who can you troubleshoot/debrief/celebrate with?

MOTIVATE
The time you spend reflecting can help with motivation.
- Be proactive and make a motivation plan. Then, if you get in a slump, you don’t have to think about who to see or what to do.