

# 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.

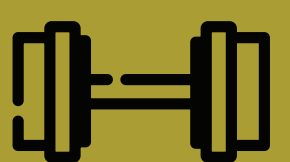
- ✔ Use checkpoints and mini-goals along the way to keep the process manageable and achievable.



## CHALLENGE YOURSELF

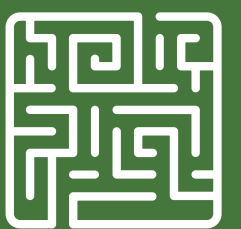
Within reason, invite/encourage/expect yourself to stretch.

Challenging goals position you to rise to the occasion, and are achieved at a higher rate than easy goals.



## ENTERTAIN OBSTACLES

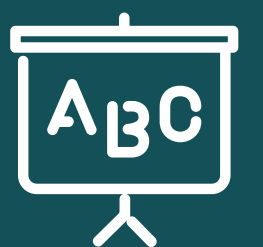
Goals take enough work as it is; don't be surprised by something you could've planned for. Consider the obstacles — *external, physical, internal, etc.* — that could stand in your way.



## 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.

