Establish your goals[[1]](#footnote-1)

First Name:

Date: Click or tap to enter a date.

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| --- | --- | --- |
|  | **Important:**  Define your most important goals for yourself  [Don’t use others’ goals] |  |
|  | **Meaningful:**  Make your goals meaningful - what are the rewards and benefits you envision? |  |
|  | **Relevant:**  Goals must be connected to your life and your overall life vision. |  |
|  | **Challenging:**  Goals must push you gently outside of your comfort zone to drive your growth  [Beware of [thinking too big](https://iulianionescu.com/blog/thinking-too-big/) too soon]. |  |
|  | **Realistic:**  Goals must be realistic and practical in the sense that they are achievable.  [There are no such things are unrealistic goals, only unrealistic time frames, lack of resources, etc.] |  |
|  | **Specific:**  Goals cannot be vague or left to interpretation.  Goals must be specific, precise and very clear.  (e.g. in what industry do you want to work, what environment, what location, with what population) |  |
|  | **Measurable:**  You must be able to measure goals, or otherwise, you won’t know if you’ve completed them.  (how many hours do you want to spend on the job, how much do you want to earn) |  |
|  | **Timed:**  Goals must have a firm deadline.  [Goals without a deadline are merely dreams]. |  |
|  | **Controllable:**  Because these are your goals, you must be in full control of their execution.  What will depend on you, and what will be out of your control? |  |
|  | **Supported:**  Who will support your goals?  [Your goals need to be supported by the industry, by the customers, by the demand, by the community, by your employees, assistants, by your family members]. |  |
|  | **Flexible:**  Your goals must be flexible.  [Do not lose good opportunities that come along]. |  |
|  | **Balance:**  Your goals must be well balanced  (e.g. make sure you consider spending time with your family, leisure time, etc.). |  |
|  | **Contribution:**  Your goals must include contribution – you need to be also a giver, not just a taker. |  |
|  | **Values and Ethics:**  Your goals must be in alignment with your values  (what are your values? e.g. honesty, fairness, order, achievement, etc. ).  [Goals should be morally ethical and not infringe on anyone else’s pursuit of happiness.] |  |
|  | **Positive**:  Goals should be uplifting and drive growth |  |
|  | **Exciting:**  Your goals must be challenging and exciting  (e.g. what are the 10 things you want to do in your life?). |  |

1. Based on [Megginson, Clutterbuck 2005], Iulian Ionescu and other materials [↑](#footnote-ref-1)