

Goal Setting Exercise

This resource was created by Ollie Lovell.

It can be found online at www.ollielovell.com or via tiny.cc/OLgoalsetting

One of the vital components of motivation for doing ANYTHING is actually caring about the outcome. The objective of this worksheet is for you to sketch out some ideas and dreams for the future and match together things that you currently enjoy doing, and things that you currently have to do, with your future goals. This worksheet is based on the research paper: *Dominique Morisano, Jacob B. Hirsch, and Jordan B. Peterson, "Setting, Elaborating, and Reflecting on Personal Goals Improves Academic Performance," Journal of Applied Psychology 95 no. 2 (2010): 255-64.* This paper demonstrated that completing a goal setting exercise such as the one below can have long lasting positive effects on achievement and motivation.

1. Vision (8 minutes)
 - a. Write a few lines mapping out your ideal future. You can think however many years ahead you would like to.
 - b. What qualities do you admire in others?
 - c. What are some things that you'd like to learn more about or be able to do better?
 - d. What are some habits you'd like to improve?
 - e. When you look back at your achievements at school, how would you like to feel? What would you like to be able to say?
 - f. When you're lying on your death bed and looking back at your life, how would you like to feel? What would you like people to remember you for?
2. Label (5 minutes)
 - a. From your answers to section 1. , Label each of the key things that came up, reduce each of them to one word, or a short phrase.
 - b. For each of the goals that you've labeled. Quickly jot down what success would actually look like.
3. Prioritise
 - a. For each of the goals above. Jot down the reasons why you think it's important for you to achieve it.
 - b. Consider each of the goals above and number them, 1 is the one you have the most power to achieve within a specified time frame (a time frame that you specify).
 - c. Cut your list of goals down to a list of 3 based on your answers up to this point. (depending on time you could cut it down to 1 goal in this session and do the remainder of the process for the other 2 goals in your own time).
4. Impact
 - a. For the goal/s that you have decided to focus on, write down exactly how achieving it/them would positively influence your life.
5. Chunk
 - a. Break your key goal/s into chunks. I.e: the steps that make up the stairway to success for that particular goal. We can call these steps 'subgoals'.
 - b. For each step put a date to it!
6. Obstacles
 - a. For each of the subgoals above, identify obstacles that you think could get in the way of achieving it
 - b. For each of the obstacles, write down how you think you could overcome it
7. Cap
 - a. Cap each subgoal. I.e: Write down what it will look like when you've achieved that subgoal. Specifically outline how you will know it's time to move on to the next subgoal.
8. Commitment
 - a. Write down how committed you now feel to each sub-goal.
 - b. ACTION: Schedule email reminders (use google calendar or boomerang) to keep you focused and motivated. You may like to add your completed worksheet as a document and re-read it monthly to remind you of your goals and your steps to achievement