reach your goals

a goal setting presentation by thomas phillips
what is a goal?

According to Wikipedia, a goal is a desired result or possible outcome that a person envisions, plans and commits to achieve.
Goals give you direction. It allows you to stay mentally and physically focused on the road to where you want to go.
types of goals

**Short Term Goals**
Goals you can achieve in a short period of time.

**Long Term Goals**
Goals that are more far-reaching because these goals take longer to achieve.
Managing goals can give returns in all areas of personal life.
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WHAT MAKES GOALS unrealistic

**UNTIMELY**
Sometimes our goals don't align with the timing in our lives. It can coincide with other issues.

**RESOURCES**
Maybe we set goals that require too many resources that we are not able to fund or sustain them anymore.

**GENERAL**
Writing goals that aren't specific cannot help us achieve it because we don't know what we're doing.
Goals give you direction. It allows you to stay mentally and physically focused on the road to where you want to go.
SMART

SPECIFIC
You should know the outcome of your goal

MEASURABLE
You should know when you will have reached your goal

ACHIEVABLE
You should be able to achieve your goals

RELEVANT
Will your goal help you in the long run?

TIME-BOUND
Set a time frame for your goals
thank you!
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