

Power of Goal Setting

In Jack Canfield's Book, *The Success Principles*, in chapter #7 - ***Unleash the Power of Goal Setting***, he talks about the science of success know the brain is a goal-seeking organism. Whatever goal you give to your subconscious mind, it will work day and night to achieve...To engage you subconscious mind, a goal has to be measurable. When there are no criteria for measurement, it is simply something you want, a wish, a preference, a good idea.

Studies show that goal achievement is influenced by writing down goals, sharing our goals, and reporting progress!

	Group 1	Group 2-3	Group 4	Group 5
Think about goals	x	x	x	x
Write down goals		x	x	x
Share with peers or team			x	x
Report progress				x
Success Rate	40%	56%	64%	76%

Power of Goal Setting

- Write it out in detail
- Create a breakthrough goal
- Reread your goals three times a day
- Create a goals book
- Set SMART Goals
- Carry your most important goal in your wallet

HOW?



If you're bored with life --
you don't get up every morning
with a burning desire to do
things -- you don't have enough
goals.

- Lou Holtz

Wishafriend.com

**THINGS DO
NOT HAPPEN.
THINGS ARE
MADE TO
HAPPEN.**

John F Kennedy

PICTUREQUOTES.COM

Power of Goal Setting

*If you aim at nothing,
You will hit it every time.*

Zig Ziglar

When there is no criteria for measurement, it is simply something you want, a wish, a preference, a good idea. To engage your subconscious mind, a goal or objective has to be measurable.



Power of Goal Setting

Performance Excellence Goals: a future condition or performance level that one intends to attain. Goals can be both short term and longer term. Goals are ends that guide actions. Quantitative goals, frequently referred to as "targets," include a numerical point or range.



Set "**stretch goals**" for major breakthrough improvements, in areas most critical to our success.



1. By Team, Area, Reviewer, Evaluated, Area
2. **Self** Evaluation
3. Performance Review
4. 2015 Goal Review
5. Improvement Progress
6. Signed 2015 and Turned in to HR
7. **Self** Improvement Progress
8. **Self** 2016 Goal Setting
9. Improvement Progress, Domain Ratings, and 2015 Goals Returned Back to **Reviewer**
10. #1 Goal
11. #2 Goal
12. #3 Goal

See OneDrive Shared Document for T3 and T4 Leadership