

# Goal Setting

Wednesday, May 23, 2018 8:47 AM

Presented by Anthony Melton

**Goal setting** - is the process of identifying something that you want to accomplish and establishing measurable **goals** and timeframes.

**Reference** - Great words on Goal Setting – Jan. 2015

Some of Johns' favorites quotes

- "A goal is a dream with a deadline." – Napoleon Hill
- "Goals are the fuel in the furnace of achievement" – Brian Tracy
- "Be practical as well as generous in your ideals. Keep your eyes on the stars, but remember to keep your feet on the ground." – Theodore Roosevelt
- "You measure the size of the accomplishment by the obstacles you have to overcome to reach your goals." – Booker T. Washington
- "You are never too old to set another goal or to dream a new dream." - C.S. Lewis
- "A goal is not always meant to be reached; it often serves simply as something to aim at." – Bruce Lee

**"Your Road Map for Success: You Can Get There from Here"** - John Maxwell

John uses the acronym **ROADMAP** as an easy way to remember his goal-setting approach:

*Recognize Your Dreams*

*Observe Your Starting Place*

*Articulate a Statement of Purpose*

*Define Your Goals*

*Move into Action*

*Adjust Your Plans*

*Point to Success and Celebrate*

## **ROADMAP Approach**

1. **Recognize Your Dreams** – The first step is to dream. Dream big.

*"Everything starts with your dream. It's an expression of your life purpose and determines what it means for you to reach your potential. If you can articulate your dream clearly, then you can create a map for your journey. If you can't, the trip will be nearly impossible."*

2. **Observe Your Starting Place** - Know where you start from. This helps you figure out the gap between your current state and your desired future state.

*"It's true you can't begin the success journey until you know where you want to go. But you also can't be successful if you don't know where you're starting from."*

Here are some questions that John Maxwell shares to ask yourself:

- *How great a distance will I have to travel?*
- *What do I have working for me?*
- *What must I overcome?*
- *What will it cost to make the trip?*

**3. Articulate a Statement of Purpose** – "Through my dedication and commitment, I want to inspire others to achieve their professional goals and personal goal to pass on to others. I want -To Give Back." Anthony Melton

*"Once you've given more thought to your dream, and it has started to become clearer in your mind, you're ready to take another step."*

**4. Define Your Goals** – Here are some simple checks to keep your goals on track – John Maxwell

- *Written*
- *Personal*
- *Specific*
- *Achievable*
- *Measurable*
- *Time-Sensitive*

Maxwell says that goals need to be personal to be effective: *'A common mistake that people make is to identify something outside their control as a goal. For instance, many people say their goal is to win the lottery. **But they have no control over these things.** To be legitimate, a goal must be within your power to achieve or accomplish personally. As you write each goal, make sure it passes the test.*

**5. Move Into Action** - Take action

*"Thinking is easy, **acting is difficult**, and to put one's thoughts into action is the most difficult thing in the world.' Maybe that's why so few people follow through and act on their goals.*

**6. Adjust Your Plans** - Adjusting your plans based on your results and feedback. Change what's not working. Do more of what's working.

**7. Point to Success and Celebrate** – Celebrate

" As you accomplish some of your goals, take the time to celebrate. Acknowledge your success, and build on them, always keeping in mind that your aim is not to achieve all your goals, but to improve constantly."

**Minute with Maxwell** - [https://www.youtube.com/watch?v=4Q\\_63rTrVc8](https://www.youtube.com/watch?v=4Q_63rTrVc8)

You think that you may have hit every goal in your life and now you have lost your motivation and passion. You may even feel some type of emptiness. The problem, you're "Goal Orient, instead of "Growth Orient". With goal orient- you hit the goal, celebrate and what's next?

**Goal orient** = You hit your goal, celebrate and feel a little empty. - John Maxwell

**Growth orient** – You establish goals within your Growth orient journey. You hit those goals and it becomes another step towards total growth. - John Maxwell