

Getting past our self-limiting beliefs & setting goals for 2017

Goal Setting

Set goals for at least 4 areas of your life:

- 1) Spiritual
- 2) Personal
- 3) Financial
- 4) Professional

HOW TO GET IT DONE...

CREATE A VISION

What do you want? Picture the ideal day in your life. Where are you living? How are you spending your time and with whom? What things need to change in order to get from today to your vision?

ADDRESS YOUR SELF-LIMITING BELIEFS

5 Habits To Get Over Self-Limiting Beliefs

We want to replace self-limiting beliefs with what researchers call a growth mind-set, the idea that adopting the mind-set that your strengths and abilities are not fixed, but can improve over time and with effort, can have self-fulfilling results.

WRITE THEM DOWN!

Multiple studies agree that simply writing down your goals regularly improves your success rate between 20-80% over those who only think about their goals.

MAKE THEM SMARTT

Make sure your goals follow the SMARTT guidelines. Goals should be...

Specific - Instead of "I want to be healthy" try "I want to finish a 10K in under an hour by June."

Measurable - Establish concrete criteria for each goal. Ask, 'how much, how many, and when will it be finished?'

Attainable - When you identify goals that you want the most and create an action plan goals that initially seemed lofty become achievable.

Realistic - If you are 7 feet tall you probably won't become a jockey. Also you must be able and willing to do the work required to attain the goal.

Time Based - Set time frames and checkpoints to keep you on track. eg. "By each month's end I will save \$700.00" or "Each quarter I will donate 16 hours of volunteer service.")

Tangible - Can you experience it with one of the senses? If your goal is tangible it will be easier to make sure it is also measurable and specific.

SET BENCHMARKS

Break down your goals into smaller actionable steps and assign realistic time frames to them. If you need to adjust your expectations or timeframes you can, just keep making forward progress.

SHARE THEM!

Share your goals with a close friend or your dojo family who BELIEVE in your end-result and your ability to succeed. This creates accountability and initiates a helpful support system to help you along the path to realizing your true potentials.

CELEBRATE!

Don't forget to enjoy and celebrate your benchmark successes along the way as well as when you reach your final goal destination. Every step on your path towards creating your new destiny is a step to celebrate.