

Your 'SMART' goals

Setting up goals

Goal setting is very important in all aspects of life, whether in sports, at work or just setting up goals in our daily lives. Goal setting provides us a sense of direction of things to achieve and be focused in life.

Setting up goals and achieving them are two different things. Only if the goal is set properly, it can be achieved. For instance, in case you set a goal to loose weight around 30 pounds, you should set the time period and the activities to be done. The diet plan should be put in place. Only if the schedule is followed, you can loose weight. The most important aspect is to create a plan and a successful strategy. Write down your goals and document them, this enables you to keep a track of your goal and the progress made in achieving that particular goal. Always see that you reward yourself for achieving your goals. Once your goal is achieved, you get a lot of confidence that you have succeeded.

One can use goal setting templates to be focused. The good thing about goal setting templates is that it helps you to organize your ideas. But the origins of mind mapping are debatable. Goal setting templates have become popular over the past three decades due to work done by a British Psychologist named Tony buzan. This technique starts with a central topic word, and as ideas get generated they are added as key words that branch into relative areas, through associative thinking. The use of mind maps as a goal setting template has immense potential to tap ideas. Mind mapping software tools are also available which has the ability to convert a word processing document into a mind map format. This is a very useful personnel development tool.

There are a few elements to be considered in planning your life. One of them is your current status, take into account all aspects like carrier, financial situation, relationships etc, make a note of things that you like to do that make you happy and those that make you sad. Chart out a program to plan a healthy and peaceful life. The other element is to find out what are your dream and your ideal situation. Being a personnel goal setting process, you need to take into account all aspects that motivate you and help you to move forward. This would definitely help to bring out your list of priorities and principles that help you to make important decisions in life planning.

Once you have identified and evaluated the basic elements of life and career planning, you will be in a position to decide what you would like to do in life, what your skills are, where you want to go and decide on the type of work that suits you the best. From this information you can always make a list of all the moves you will have to make to achieve what you desire in life. Success is must.

About the Author

Sarah Lethbridge is author of this article on [Achieve Goal Setting Success](#). Find more information about [life planning](#) here.

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