



# GOAL SETTING GUIDE

Turning Visions into Reality

# Understanding the Importance of Goal Setting

Self-growth just does not happen, we must plan for it and work that plan. Goal setting gives you a clear direction and purpose which makes it easy for you to execute your plan without having to think about things all over again. It offers a road-map, guiding you to where you want to be. It can increase your motivation, self-confidence, and autonomy.



# 02 Identify Your Values

- Reflect on personal values and what brings joy and fulfillment. I refer to these as the five pillars of life or the board of directors to our life. If they do not align on things clearly then I will not do it. It is as simple as that for my decision-making process.
- For example, when I completed this exercise, I discovered the things that I value the most in life that were not related to external factors including: ***independence, gratitude, integrity, love, and respect.***
- List your core values. These are the principles that guide your life. What is most important to you? Your goals should align with these values. A goal that aligns with your core values will be more meaningful and easier to commit to.

## ***Your Values :***

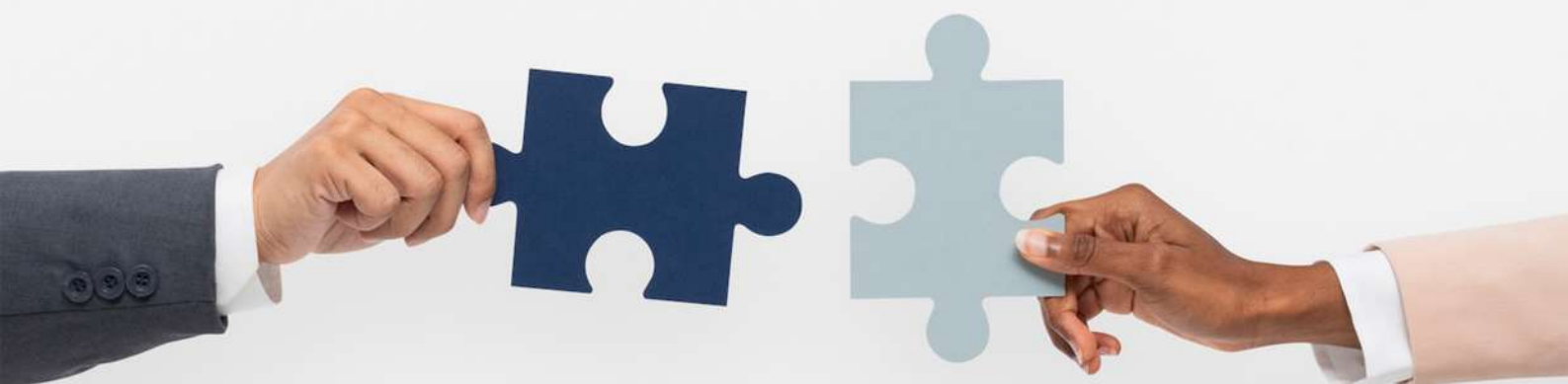
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## 03 Prioritization

Rank your values in order of importance to you. This will provide a clear structure for your goals. Understanding what is most important to you can help prevent feeling overwhelmed and keep you focused on your most meaningful goals.



# 04 Set HARD Goals

While **SMART** goals are practical, HARD goals connect with your emotions and dreams. These are long term goals such as marriage, building a brand, buying a home, starting a business, healing, obtaining your degree, etc. **HARD goals take longer than one year to complete.**

- **Heartfelt** : Develop an emotional connection to your goal.
- **Animated** : Visualize your goal, make it alive in your mind.
- **Required** : Understand why this goal is necessary for your life.
- **Difficult** : Embrace the challenge of a tough goal to push your limits.

Write down **THREE HARD GOALS** that resonate with your inner dreams and aspirations. The key to setting hard goals is that we must keep asking why towards the end to see if it aligns with our values. Will your goal support your values? Will it bring you true joy? Are you setting this goal for yourself or someone else? We need to get to the root of it. We need to keep asking Why? Until we are satisfied with our answer. We have provided an example below to see what that looks like. It is an onion that we need to peel to its core.

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## **For example:**

- **HARD GOAL 1** : Get married. Why do I want this?

Because I want a family? Why?

It makes me feel happy to be in a relationship and it has always been my dream to have a family. Why?

So, I can share my love, body, and mind in a solid commitment and want to be a mother/father. Why?

Because I finally feel ready to take on this responsibility and I can invest in a long-term commitment.

How does this align with my values?

I value love, respect, and integrity therefore being in a committed loving relationship is a suitable life choice for me. I would be grateful for this and am happy to have the opportunity to finally work towards this in my life. It will also help me work towards my inner independence and financial independence by having the emotional support and trust that I need to feel independent.

# Set SMART Goals

Use the SMART framework to set THREE short term goals typically take three to six months to complete. The key here is to align your short-term goals to support your long-term goals. Create 3 SMART goals for EVERY HARD goal that you have listed above. To do this, ask yourself – What will I need to do?

- **Specific** : Define your goal. The more detailed, the better.
- **Measurable** : Determine how you will know when you have reached your goal.
- **Achievable** : Make sure your goal is realistic and attainable.
- **Relevant** : Align your goal with your values and long-term objectives.
- **Time-bound** : Set a deadline to keep yourself on track.

**Write down a few SMART goals related to your HARD goals.**

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### **For example :**

If your HARD GOAL is to get married, then ask yourself – What will I need to do to get married?

- **Smart Goal 1**: Build a schedule and lifestyle to support a relationship.
  - Specific* : In my experience, it takes energy to build relationships therefore I will carve out time. I will need to make enough money to sustain my livelihood and not lose value at work without taking on additional responsibilities.
  - Measurable* : I will know this successfully when I feel good about my work and still have time left over to work on myself throughout the week.
  - Achievable* : Yes, I have been working at this job for several years and am able to create a schedule that would allow me to have time to get to know someone and cultivate a healthy relationship.
  - Relevant* : Yes! I value love, respect, and integrity therefore being in a committed loving relationship is a suitable life choice for me. I would be grateful for this and am happy to have the opportunity to finally work towards this in my life. It will also help me work towards my inner independence and financial independence by having the emotional support and trust that I need to feel in-
  - Time-bound* : I will give myself 6 months to design a schedule and lifestyle that will support me having a relationship.
- **Smart Goal 2** : Heal to attract the right partner and improve my physical health and appearance.
- **Smart Goal 3** : Meet people that have the same goals.

Now, for each goal, write down the steps you need to take to achieve it. Include timelines, resources you might need, and how you will overcome potential obstacles. Start with a **HARD** goal followed by **3 SMART** goals and followed by at least three action steps to support that goal. Just like we peeled the onion for the **HARD GOALS**, we will need to keep asking ourselves **HOW?** Until we feel comfortable with our answer. The format should look like this.

- **Smart Goal 1** : Build a schedule and lifestyle to support a relationship.



**1) Action** : Manage my time effectively! How?

(i) Learn new time management techniques. How?

a. Research tools and strategies to help me get things done faster and better, sign up for courses, etc.

**2) Challenges** : Coworkers, meetings, and distractions. How will I handle this?

(i) Start drawing healthy boundaries aligned with my goals. How?

a. focused, limit useless conversations, and outings.

**3) Resources** needed: Support from my workplace to attain a personal goal of mine. How? this?

(i) Communicate my goals with my superiors and coworkers and ask for their support. How?

a. Schedule a lunch to discuss my goals and plans.

## 07 Regularly Review Your Goals

Regularly reviewing your goals helps you stay on track and allows you to adjust as needed. Set a schedule for when you will review your goals and once you accomplish one goal, start working on the next one. Remember, this is your journey. It is okay to adjust your goals as you grow and evolve. What is important is that you are moving in a direction that brings you closer to the person you want to be. Be patient with yourself, keep believing, and keep moving forward. Your dreams are within reach, and this goal-setting guide is your first step toward reaching them.







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