

Setting Goals



There comes a point in each of our lives when we need to take the opportunity to step back and assess how life is going. Where are you happy, where could you be happier, and what can you do to make this happen?

Taking stock of life and setting some clear goals will help you move forward in your life and see yourself achieving things you never thought you could. Setting goals helps you to clarify what needs to be achieved, prioritise what needs to be done first, and identify ways to make it happen.

The SMART approach is an effective and easy to remember technique for setting and achieving goals:

- **Specific.** Set goals which are specific, not vague.
- **Measurable.** Set goals for which you can measure improvements.
- **Attainable.** Set goals which are possible to achieve.
- **Realistic.** Set goals which are realistic, don't put pressure on yourself to achieve something you don't have the resources for.
- **Time-based.** Set time frames for achieving your goals.

Setting a goal is the first step to achieving it. It takes discipline and sacrifice, but if you've set the right goal it will all be worth it.

If you have trouble setting goals, or find that you're often unable to achieve what you set out to do, you might find it helpful to speak with one of our experienced consultants. Call Converge International on 1300 687 327 to arrange an appointment.