Quote & Meaning of Goal

“A goal casually set and lightly taken will be freely abandoned at the first obstacle.”

Zig Ziglar

Goal: the end toward which effort is directed

Webster’s On-line Dictionary
Objectives

• Goals and Your Brain
• Key Components
• Setting Goals
• Are you Alice in Wonderland?
• Your Road Map for Goal Setting
• Get Busy!
• Useful Tools
Goals and Your Brain…

• Setting goals is a conscious activity
• Will power is a conscious activity
• $\frac{5}{6}$th of your brain power is NOT conscious
• 95% of our behaviors are unconscious and automatic – also know as “habits”
• Long term behavior changes come from moving them from conscious to unconscious thoughts
Key Components

• It takes 21 to 30 days to form a habit
• Repeat the action over and over until it goes from the conscious to the subconscious
  – The act of re-writing your goal everyday can be one of these actions which then causes you to think about your goals each day
  – Using the power of your thoughts helps you advance your goals into reality
• Make goals specific
• Believe in yourself and your awesome ability to achieve the goal
Setting Goals

Questions to ask yourself:

- What do I need to change in my life?
- Where have I been successful so far?
- What are my failures?
- What have I yet to accomplish?
- What are my fears?
- What motivates me?
- How do I define success?
Are you Alice?

“Would you tell me, please, which way I ought to go from here?” said Alice

“That depends a good deal on where you want to get to”, said the Cat

“I don't much care where…”, said Alice

“Then it doesn't matter which way you go”, said the Cat

Lewis Carroll from Alice's Adventures in Wonderland
Your Road Map for Goal Setting

• Put it in writing
• Put a date on it
• List the obstacles
• Identify the people, groups or associations you need to reach your goal
• Make a plan of action with a time limit
• Know the benefits of accomplishing the goal
• Sometimes “winging it” can be great
Get Busy

• You are your own worst enemy
• Hard, hard work
• Perseverance
• Re-motivate yourself every day
Useful Tools

• Calendars
• Journals
• Sponsor
• Reward system
• Visual reminders
Let WorkLife4You
Make Your Life a Little Easier!

Contact WorkLife4You 24/7:

1-877-WL4-NOAA - (1-877-954-6622)
(TTY: 1-800-873-1322)

http://www.worklife4you.com
Look for the Member Login box
Not a registered member yet? Follow the “Start Now” link and enter Registration Code: noaa