

SETTING GOALS WITH YOURSELF AND CLIENTS

Everyday we set short term goals and we accomplish them without much thought. Go to the store, go home from work, take the kids to school etc. Every time we make a decision to do something the sub-conscious mind takes over and we get it done with out even remembering doing it. How many times have you driven home from work and not remembered how you got home? Your goal was accomplished with no thought.

Long term goals are something that most people do not get into. I want to suggest that since most of us ask our clients to make goals that maybe we should too. Here are several areas that we could work on and several suggestions on how to make them happen.

1. Self-improvement: what can we do to improve our health, maybe weight loss, or starting an exercise program, read more self improvement books etc.?
2. Personal Finance: Pay off credit cards, not buy everything in sight. Increase salary?
3. Relationships: Pay more attention to our spouses, children by spending at least 30 minutes more a day with them. Get out of a relationship that is not working? I will say something nice to the people in my life everyday.
4. Vocation: What can we do at work to make it more enjoyable? Maybe change jobs myself, either internally or out side the system. Or how about creating goals for the agency.
5. Projects: Go back to school, finish that book that we started, get the house finished etc.

Take these five areas and select a goal or goals for each one, give a date for its completion. "I will lose 20 pounds by March 15th" and put them in writing, something that you can look at everyday. The universe takes care of the details, we have to tell it what we need.

Read your list before you go to bed and again in the morning when you get up.

Find a friend or a group from work who you can share your goals with by describing what you envision at the end. (This is what happens in your mind when you say I am going home you have a vision of the end result and a time line for when it will happen.)

Start a self help group at work and report on what is happening with your goals.

Remember if we do everything we did last year we will be in the same spot next year. This is the year of change, say it over and over.