

Destiny Management's Mental Blueprint of Success: Establishing Goals & Objectives

Setting goals is a critical part in the success of any program. It establishes a road map of how you are going to get from the present to the future and enables you to stay focused and realize the key components that work and the ones that don't. As with anything else, there are some key steps to ensure that setting goals are an effective tool for you.

DEFINITIONS

Goals: goals are those achievements (personal or athletically) that you find *personally* important and incredibly satisfying. In the world of psychology, it is frequently mentioned that a goal should produce a sensation that you want to experience over and over throughout your career. Goals should literally excite you because they are the things that allow you to achieve your highest level of true potential – frequently referred to as *self-actualization*.

As you are establishing your goals, you may feel that committing to significant goals requires taking big risks and you are correct! Individuals that reach their full potential, by their nature, are educated risk takers and are aware of the fact that following a sequence of accomplishments makes the goal a reality within a specific period of time. Ironically, accomplished individuals understand the inherent risk of failure associated with not having a definitive plan which motivates them even more to establish specific goals, objectives and timelines. In a research report published by the *International Journal of Sports Psychology*, “the more clear and detailed the goal, the greater the individual's tolerance of fatigue and distractions”.

Objectives: objectives are the individual tasks that you need to complete to make your goals a reality. In order to be successful, your objectives need to be outlined in a sequential order that builds upon the previous objective. There are two things to keep in mind when you are establishing your objectives; first, establish objectives that are measureable & quantifiable. The goal is to strip the emotions associated with accomplishment. If a client tells me that he or she wants to get faster, there is no way to measure “fast”. However, if you tell me that you have a specific elapsed time for a specific distance, we can retest after six weeks of consistent training to see if your elapsed time has improved. If it has, you know that your nutrition & training is developing positive results. However, if the elapsed time isn't faster, then you know that something specific has to be adjusted in your nutrition and training protocols. Notice – no emotion; you are either getting fitter and faster or you are not. The focus needs to be on Working Smart, Not Hard!

7 STEPS TO GOAL SETTING!

- 1) Identify goal.
- 2) Set a deadline for achievement.
- 3) List obstacles to overcome.
- 4) Identify the people and groups to work with.
- 5) List skills and knowledge required to reach your goal.
- 6) Develop your plan of action.
- 7) List the benefits - "What's in it for me?"

So let's get focused, organized and start working towards your true potential!

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