



Desire-Driven Goal Achievement

Align your goals with your vision and passions, and a healthy serving of self-care and compassion.

While it can sometimes feel that **others have some special gene** that enables them to get stuff done and look cool doing it...

That may not be the whole picture.

If we align our pursuits of wellness and achievement with our values, greater desires and priorities, the work of *making it happen* can become easier.

In that way, the work of self-development can *serve who we are and what we want in our lives.*

Describe your overall vision for yourself in your life. How would you like your life to look and feel around you?

Which of the five areas of life is the most important for you to address in your life right now:

- Career
- Family
- Relationships (romantic, friends)
- Health and fitness
- Self-development/spirituality

In that area of your life, what are your values? Think of one or two-word phrases that describe what is important for you to have in that area of your life, specifically.

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Now, put them in order of priority or importance

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Spend 5 minutes visualizing how you would like to feel in this area of your life...
In your focal area, how do you desire to feel? _____

What is a goal you have for yourself in that area of your life? _____

What are you seeking to feel from that goal? What desire, value or passion is behind it

Food for thought:

In what ways are your goals based on external forces (friends, family, society...) rather than your vision and desire? Get radically-honest with yourself when distilling your goals- **are these born of self-love and empowerment or expectations.**

Set yourself and your goals up for success by aligning them with your human experience; desires, vision, challenges and all the rest!

If self-improvement is just an opportunity to beat ourselves up or to force what we're fighting to fix about ourselves into submission, we fight the current of who we really are and the often-unnamed desires we seek to meet.

SMART Goals: Get Detailed!

Simplified, broad goal: _____

When we write our goals as SMART goals, they are:

Specific and Simple

Measurable and Meaningful to *you*

Achievable

Relevant

Time-bound

An example of a broad goal is, "I want to eat healthier." This goal written in SMART detail is:

Specific and Simple: I want to improve my diet by planning ahead and bringing my lunch so I have convenient healthy options when time is tight.

Measurable and Meaningful to you: I will meal plan on Saturday morning, and shop and cook on Sunday and Wednesday evenings. I want to eat better because it makes me feel better.

Achievable: I will start by taking my lunch to work 3x/week, and eating home-made dinner 3x/week. I will ask friends for easy, healthy recipe suggestions so I can have support and avoid getting overwhelmed by food.com!

Relevant: I want to feel more energetic and know that when I eat well, I feel better. When I make convenient, unhealthy choices, I feel undisciplined.

Time-bound: I will start with planning, shopping and prepping on Sundays, bringing my lunches Mon-Wed for 2 weeks. At the third week, I will include Tuesday planning and Wednesday shopping and prepping and bring my lunches 4 days and eat 5 dinners at home.

YOUR GOAL:

Specific: set concrete, clearly defined goals with specific points of success.	
Measurable: whatever the goal is, find ways to measure progress.	
Achievable: aim high, but within reason. Your goal should be a stretch, but something you could actually achieve	
Relevant: find a goal that matters enough to you that you'll be motivated to stick with it.	
Time-bound: set a reasonable timeline for your goal, and focus on the small wins along the way.	

Frame your goals with action items or purpose.

Examples:

I want to improve my communication skills by reading these two books and practicing with my spouse.

I want to improve my communication skills because expressing my needs reducing my anxiety and fights with my partner.

The journey toward achieving a goal is a beautiful, enlightening process! Lean into the challenge and it can be invigorating and joyful. If you stumble or stall-out, remember that small steps are better than no steps. Be kind to yourself 😊