



Goal Mapping: Step 1—Initial Goal Statement(s)

1a - Circle all categories or life areas where you want to map a long-term or lifetime goal. Write a brief goal statement for each. Does any goal appear to contradict any other? If so, rethink and rewrite to create an integrated goal mapping plan.

Ranking	Life Area	Long-Term Goal
_____	Family/Home:	
_____	Financial/Career:	
_____	Education:	
_____	Health/Physical Fitness:	
_____	Social/Cultural/Public Service:	
_____	Personal/Spiritual:	
_____	Leisure/Recreational:	

Ask yourself the following questions about each: *Is this something I really want, not just something that sounds good or that others want for me? Is it consistent with my values? Is it the way I want to live my life? Am I reaching high enough? Too high?*

1b - When you are satisfied with your goal statements, rank them in priority order.



Goal Mapping: Step 2—SMART Goals (21st Century version)

2a – Visualization: Close your eyes and visualize in detail what your chosen goal will look like when achieved.

2b - SMART Goal Statement:

Rewrite your top priority goal as a SMART goal, i.e., significant, meaningful, accountable, realistic and thoughtful. Describe it with enough detail so you will be able to measure progress and know when to celebrate its achievement. **Ex:** “By January 1, 2009, I will be elected to the school board so I can head up an effort to establish magnet schools” vs. “I will fight for school improvement.” And definitely not “Stop watching so much t-v and get out there and work for better schools in my free time.”

2c—Intermediate Goal Steps:

Think about how you can reach your goal and write each idea that comes to mind in a few words. Don't stop to analyze or edit your ideas; you will refine them later. Also, they do not have to be in any logical order for now; you are simply generating ideas for intermediate goals and action steps. **Ex:** Intermediate goals or actions to get elected as school board member might be: talk to family members about finances and moral support, contact current board members for advice, raise a specific \$ amount for campaigning, name a campaign manager, develop public speaking skills, research magnet schools, cultivate business contacts in the community.

To generate ideas, ask yourself: *What skills do I need? What information or knowledge should I acquire? What help, assistance or collaboration will put me closer to my goal? What financial or other types of support do I need? What assumptions am I making?*



Goal Mapping: Step 3—Continue the Process

Don't forget to anticipate obstacles. Documenting barriers helps you find a way around them...much as an auto club "triptik" indicates detours and recommends alternative routes.

Have you established a to-do item or list for today, tomorrow, next week and next month? Involve yourself daily in reaching your goal and it will not seem so far away.

Feel free to copy and use this page to begin a new goal or continue the process. Periodically review your plans. Be flexible and willing to adapt to new circumstances or priorities. Be confident; know that you are going to succeed!

*"Do what you love to do...work toward it every day.
Remember with every "no" you are that much closer to a "yes"...
by learning from each defeat and staying the course, success is inevitable."*

From Pinnacle's Living Learning System



Suggestions for Improving Your Stick-to-it-iveness*

- **Take responsibility for yourself.** When you take risks and succeed, some people may be envious or afraid that they are losing the former you. This may cause them to be critical of your new goals and plans. Don't let them steal your dreams by being overly concerned about what others say. If you believe in your goals and have confidence in yourself, you will be able to succeed.
- **Live healthy.** Energy and stamina are necessary for resilience, optimism, self-confidence and focus. Look for books, tapes and other media with strong, uplifting themes. Keep your sense of humor and find something to learn from disappointments or adverse circumstances.
- **Perceive reality as clearly and accurately as possible.** Seek your own truth, not what others think is true.
- **When getting advice, consider the source.** Learn from the mistakes of others instead of repeating them. Use methods that have helped them achieve success. If you're starting a small business, talk to someone who is successful. Don't limit your questions to what they did right; also ask what mistakes they made along the way.
- **Avoid excuses for not acting.** There will always be reasons to not move forward. The trick is to recognize them and persevere.
- **Identify counterproductive habits or thoughts.** Then dump them! Some habits that can affect your ability to stay the course:
 - Complaining about the way things are instead of looking for ways to change them
 - Sweating the small stuff, blowing things out of proportion
 - Living in the past; goals are future-oriented
 - Worrying about what may happen or what you cannot control
 - Victim thinking
 - Worrying about what others are doing or what they have
- **Take reasonable risks.** Without risk there's no reward. Risk avoidance affects your spirit and undermines your will to persist in the face of disappointments and obstacles.
- **Get support.** You deserve it and its there if you look for it.
- **Don't quit.** You may need to be flexible and make adjustments to your original plans. But if you believe in your goal and work toward it every day, you will succeed.

*Some suggestions on this page come from Pinnacle's Living/Learning System, accessed through www.topachievement.com.