



## 10 Goal Setting Tips

Learning to set goals takes practice. It's more than just statements of what you'd like to achieve and there are many things to take into account.

Try these 10 steps to planning and setting goals to help you reach what you want. See your trainer or email us at [info@babesontherun.com.au](mailto:info@babesontherun.com.au) for further information.

- **Make the Decision**

Success doesn't happen by chance. It's not going to fall into your lap. Decide what you want, figure out why you want it, make a plan to achieve it. Make the decision today - do it now. Choose a goal and succeed.

- **Stay Focused**

The power of focus and concentration can not be understated. Your ability to maintain laser sharp focus from the start of your goal to achievement will be the deciding factor in how long it takes and the quality of your results.

- **Accept Failure**

Failure is going to happen so accept it. Failure can teach some good lessons so be prepared for it and use it to spring board your success.

- **Write it down**

This is one of the easiest goal setting tips to ignore and probably the most critical. Put it on paper, in outlook, in an email or whatever. Just write it down.

- **Plan thoroughly**

For every hour you put into planning you will save ten. The ratio of planning to action should be about 10% planning. If your goal is going to take 10 days take 1 day to plan.

- **Get help**

The Lone Ranger wasn't really alone was he? No, he had Tonto. Everyone needs a helping hand Find people who can and will help you along the way. This is not the same as getting people to do work you should be doing but people who recognize the value of what you're doing and will help you do it.

- **Take action**

This is another obvious goal setting tip. Success requires action. You won't get to the destination without taking the trip. Remember the planning / action ratio? 10% for planning, the rest is action.

- **Reward yourself**

Maintain your motivation by rewarding yourself appropriately when you achieve the steps you have planned. Then really reward yourself when you achieve your goal.

- **Re-evaluate**

As mentioned above, life is dynamic. So are the circumstances that surround your goal. Change happens factor it in and look for it - be flexible.

- **Have integrity**

In terms of goal setting tips integrity means that you do what you say you're going to do. No excuses, no reasons, no turning back. If you make a mistake adjust, re plan, reorganise, and stick to your goal. Keep your promise to yourself and others, the promise that you will achieve your goal.



For details on all the programs,  
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