

# Building the Skill of Goal Setting

## Objective:

The purpose of the document is to help you set better goals. We want to set goals that we can actually control and accomplish. If we understand the guiding principles of a goal, then we can set better, more achievable, goals.

## Process:

We will build the skill of goal setting by first understanding the difference between goals and desires. This will stop us from setting unrealistic goals. Once we can identify the difference between a goal and a desire, we then begin to write down our desires and their corresponding goals. Additional background information is provided in this document to help you differentiate between a goal and desire.

## Payoff:

### Why would a person want to set goals?

- Goals enable you to be the best version of yourself.
- Goals are a measuring stick for accomplishments.
- Goal setting pushes your limits.
- Goals are how you can measure your impact.
- Goals are how you can measure your improvement.
- **Goals allow you to accomplish a desire.**

People set goals in order to realize their desires. Desires are very broad and are different for each person. Whatever desire you want to see become a reality, goal setting is the best way to see it come to pass. We want to build the skill of goal setting because the better goals we set, the better chance we have of realizing our desires. **Remember**, as disciples of Jesus Christ our desires should be rooted in His will for our lives.

## Additional Help:

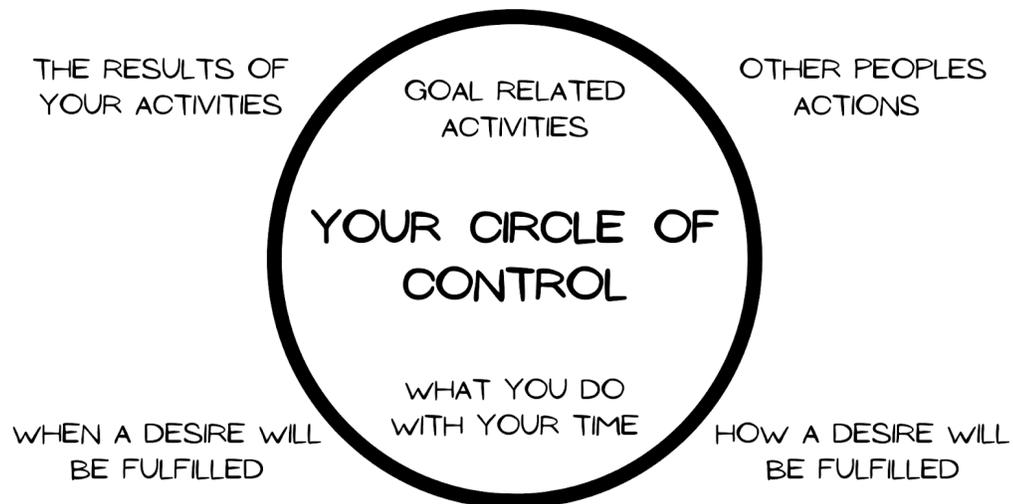
- If you need additional help refer to our [goal setting skill building videos](https://www.youtube.com/watch?v=PLfi2FKt-hTKb_2bj9AKaWkGH-j47e5lsV) on YouTube: [https://www.youtube.com/watch?v=PLfi2FKt-hTKb\\_2bj9AKaWkGH-j47e5lsV](https://www.youtube.com/watch?v=PLfi2FKt-hTKb_2bj9AKaWkGH-j47e5lsV)
- Download my answers from the website <https://www.growingtruedisciples.com/man-to-self-skills>
- Remember to **pray** and ask God to help you with this skill.



## Background Information:

To begin, let's start by discussing the differences between goals and desires. It is important that you can recognize this distinction for goal setting. Please start by reviewing the table below.

<u>Goals</u>	<u>Desires</u>
<ul style="list-style-type: none"> <li>● Goals are in your control.</li> <li>● You work for goals.</li> <li>● Goals deal with activities.</li> <li>● Goals are scheduled and predictable (time management).</li> <li>● You schedule a goal.</li> <li>● You alone own and accomplish goals.</li> <li>● Goals are dependent on no one else.</li> </ul>	<ul style="list-style-type: none"> <li>● Desires are outside of your control.</li> <li>● You pray for desires.</li> <li>● Desires deal with results. (results from the activity).</li> <li>● Desires are unscheduled and unpredictable.</li> <li>● Desires are dependent upon someone else to accomplish them.</li> </ul>



**Building this skill will allow you to remove negative behaviors such as:**

- Directionless: uncertain about your future and your ability to get there
- Hopeless: you don't think things can/will get better
- You set poor or unrealistic goals concerning your growth
- Directionless in relationships: your relationships don't have a purpose or an end game
- Hopeless in relationships: you don't think things will get better in your relationships
- Impulsive in relationships: consistently act without forethought
- You set poor or unrealistic goals for your relationships
- Stagnation and decline: you see yourself getting worse over time
- Impulsive: consistently act without forethought



### **Building this skill will allow you to implement or improve positive behaviors such as:**

- Hopeful: you believe you can achieve what you set out to do
- Planning: you have direction for your future
- You set great, achievable goals for your growth
- Vision for your future: you know where you can go and how you can get there
- Hopeful in relationships: you believe you can achieve what you set out to do in relationships
- Planning in relationships: you have direction for the future of your relationships
- Self-improvement via goal setting: you get better over time
- You set great, achievable goals for your relationships
- Intentional: you make deliberate decisions consistently

### **How to Build the Skill of Goal Setting**

First, you identify the difference between goals and desires. This will stop us from setting unrealistic goals and from having unnecessary heartbreak due to a desire not being fulfilled. Second, you write down your desires and then their corresponding goals.

#### **Identifying Your Desires:**

Your desires drive your goals. Having clarity on your desires will help you set better goals. Although desires are unscheduled and unpredictable, there are still some good guidelines for your desires:

1. You generally need to give your desires a timeline. With no deadline, you will have no urgency to see the desire fulfilled. Even though the fulfillment of your desire is unscheduled and unpredictable, the desire itself generally needs to have a deadline.
2. Be aware of realistic, unrealistic, and stretch desires.
  - a. **Realistic desires:** These are desires that are in arm's reach and only require a slight increase in consistency and discipline in your already established routine. An example of this would be to grow your business' revenue by 5% or to lose 15 lbs.
  - b. **Unrealistic desires:** These are desires that you have no established habits for achieving and or require an unfeasible amount of time to achieve them. An example of this would be to have \$1,000,000 in revenue for a business you haven't even started yet or to lose 150 lbs in a year and you seldom, if ever, work out.
  - c. **Stretch desires:** These are desires that are outside of your arm's reach and require significant increase in consistency and discipline in your already established routine. An example of this would be to grow your business revenue by 15-30% or to lose 50 lbs.

#### **Identifying Your Goals:**

Goals are the work required to see your desires fulfilled. Similar to desires, there are some guidelines that you can follow to set good goals:



1. Be sure your goal is directly correlated to your desire. If your goal does not have a direct impact on your desire, then your desire will more than likely not get fulfilled.
2. Be aware of realistic, unrealistic, and stretch goals.
  - a. **Realistic goals:** These are goals that are in arm's reach and only require a slight increase in consistency and discipline in your already established routine. An example of this would be to do 5 extra business calls a day or to do 10 more minutes of cardio every time you go to the gym.
  - b. **Unrealistic goals:** These are goals that you have no established habits for accomplishing and or require an unfeasible amount of time to achieve. An example of this would be to make 50 extra business calls a day. Another example is to go to the gym 7 days a week while simultaneously removing all meat and sugar from your diet, even though you don't go to the gym now and you have always eaten meat and sugar.
  - c. **Stretch goals:** These are goals that are outside of your arm's reach and require a significant increase in consistency and discipline in your already established routine. An example of this would be to make 10 more business calls a day or to go to the gym 2 additional days out of the week.

In addition to identifying your goals and desires, please keep the following information in mind:

- Ensure that each desire is:
  - Outside of your control
  - Unscheduled and unpredictable
- Ensure that each goal:
  - Aligns to the appropriate desire
  - Has to do with activities
  - Is scheduled and predictable



## Goal Identification Exercise:

Below is a list of goals and desires. It's up to you to figure out which ones are goals versus which ones are desires. Place a checkmark in either the goal or desire box next to each scenario to indicate your decision. After you decide whether it's a goal or desire, write in the last column the reasoning for your choice. *Hint: the number one factor of something being a goal versus a desire is control. If it's in your control, then it's a goal. If it's outside of your control, then it's a desire.*

<u>Scenario</u>	<u>Goal</u>	<u>Desire</u>	<u>Reasoning</u>
I want to make all A's in school.			
I will go to the gym three times a week at 7:00 A.M.			
I want to be a good father.			
I want to lose 30 lbs.			
I want to be employee of the month.			
I am going to wake up 15 minutes earlier Monday-Friday and read a self development book.			
I want to sell my house this year.			
I will call 3 friends a week between Monday and Friday after I get off work.			
I want to buy a used car for my child.			
I will pray 20 minutes a day right before lunch.			
I will go to the grocery store every Monday morning at 8:00 A.M.			
I want to make 80% of the free throws that I take.			
I want to start my side hustle this year.			



<b>Scenario</b>	<b>Goal</b>	<b>Desire</b>	<b>Reasoning</b>
I will post on social media twice a week.			
I will go to the gym on Monday, Wednesday, and Friday every week at 6:00 A.M.			
I will cut out meat from my diet.			
I want to get married.			
I want to have children.			
I want to own a 7 figure business.			
I will study math every Saturday from 11:00 A.M - 12:00 P.M.			

### Practice Goal Setting

Practice goal setting by listing out some of your desires and their corresponding goals.

#### List Your Desires:

1. Write down the desire you want to accomplish:

---



---



---

- a. Is it outside of your control? \_\_\_\_\_
- b. Is the fulfillment of this desire unscheduled and unpredictable? \_\_\_\_\_
- c. Does it have a deadline? \_\_\_\_\_

2. Write down the desire you want to accomplish:

---



---



---

- a. Is it outside of your control? \_\_\_\_\_
- b. Is the fulfillment of this desire unscheduled and unpredictable? \_\_\_\_\_
- c. Does it have a deadline? \_\_\_\_\_



3. Write down the desire you want to accomplish:

---

---

---

- a. Is it outside of your control? \_\_\_\_\_
- b. Is the fulfillment of this desire unscheduled and unpredictable? \_\_\_\_\_
- c. Does it have a deadline? \_\_\_\_\_

4. Write down the desire you want to accomplish:

---

---

---

- a. Is it outside of your control? \_\_\_\_\_
- b. Is the fulfillment of this desire unscheduled and unpredictable? \_\_\_\_\_
- c. Does it have a deadline? \_\_\_\_\_

5. Write down the desire you want to accomplish:

---

---

---

- a. Is it outside of your control? \_\_\_\_\_
- b. Is the fulfillment of this desire unscheduled and unpredictable? \_\_\_\_\_
- c. Does it have a deadline? \_\_\_\_\_

**List Your Goals** (*Remember to line them up with the corresponding desire*):

1. Write down the goal you want to accomplish:

---

---

---

- a. Does this goal align to the proper desire? \_\_\_\_\_
- b. Does it have to do with activities? \_\_\_\_\_
- c. Is it scheduled and predictable? \_\_\_\_\_



2. Write down the goal you want to accomplish:

---

---

---

- a. Does this goal align to the proper desire? \_\_\_\_\_
- b. Does it have to do with activities? \_\_\_\_\_
- c. Is it scheduled and predictable? \_\_\_\_\_

3. Write down the goal you want to accomplish:

---

---

---

- a. Does this goal align to the proper desire? \_\_\_\_\_
- b. Does it have to do with activities? \_\_\_\_\_
- c. Is it scheduled and predictable? \_\_\_\_\_

4. Write down the goal you want to accomplish:

---

---

---

- a. Does this goal align to the proper desire? \_\_\_\_\_
- b. Does it have to do with activities? \_\_\_\_\_
- c. Is it scheduled and predictable? \_\_\_\_\_

5. Write down the goal you want to accomplish:

---

---

---

- a. Does this goal align to the proper desire? \_\_\_\_\_
- b. Does it have to do with activities? \_\_\_\_\_
- c. Is it scheduled and predictable? \_\_\_\_\_

