

12 Keys To Setting a Great Goal

Personal

Goals that express values are more easily reached.



Clean

How clean is the motivation behind the goal?



Safe enough

Is the risk within your comfort threshold?



Integrated

Are the actions needed a natural part of your day?



Affordable

Do you have the time/money for this goal right now?



Energizing

Does this goal give you juice or tire you?



Measurable

What are the measures, whether tangible or intangible?



Trackable

How can you track your progress?



Sourced

Have you really thought this goal through?



Beneficial

How much will you really benefit from this goal?



Positioning

When reached, what will you be positioned to accomplish next?



Sustainable

How long will the benefits last when you reach this goal?