Developing Goals & Setting the Course

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CWDC Workshop

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Why Set Goals?

- Proactive
- Personal Responsibility
- Self Control
- Happiness
Challenges of Goal Setting

- Procrastination
- Confusion
- Mind Blocked by Current Situation
- Fear
- Low Self Worth
Where am I? (Current State)

- **Self Assessment**
  - **Personal Life**
    - ☑ Spiritual
    - ☑ Family
    - ☑ Social
  - **Professional Life**
    - ☑ Work
    - ☑ Professional Organization

In order to set goals, one must evaluate the current situation.
Where do I want to go? (Future State)

- Evaluating the options
  - Look at past
  - Look at present
  - Envision the future
Where have I been?

- Develop Lists
  - Subject Matter Expert / General Knowledge
  - Strengths / Weaknesses
  - Likes / Dislikes
  - Pro / Con
- Needs
- Wants
Visualization

- Relaxing the mind
- Opening creative thinking
  - Meditation
Chart the Course

- Update List
- Define Future State
  - Delta
  - Steps
  - Actions
# Goal Charting

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<tr>
<th>Current State</th>
<th>Action Steps</th>
<th>Future State</th>
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Trim the Controls

• Revisit Goals Often
• Evaluate Course
• Revise as Necessary

“Happiness is not a destination, it is a process.”

Aristotle
Reference

- Robert Fritz, Path of Resistance: Learning to Become the Creative Force in Your Own Life

- Cordell Vail, “My Turn to Win” Seminar