



Sisu

COACHING

Painting Your Masterpiece: a.k.a. The AMAZING Goal-setting Guide

Setting goals. Great idea! I can do that! Accomplishing goals. Eww. I'm gonna go get some coffee. And maybe start a Netflix binge. Catch me on the flip side.

Whoa, Nellie. It's time to not only set some goals, but actually follow through on them. I'm here to help. It's going to be fun, I promise.

Think of it like painting a picture. You can't just start throwing paint on a canvas all willy-nilly. Who do you think you are, Jackson Pollock? You have to envision the final product and start with the basics before you ever touch brush to canvas.

Priming the Canvas

Before you start, you have to prep. Let's prime the canvas by answering a few questions that will help get you focused on your goals.

1. What are my top three strengths? (If you need help with this, go to www.viame.org and find out your strengths!)
2. What are two things I'm passionate about?
3. When do I feel really energized?
4. When do I feel really drained?
5. What would my best friend say is my best quality?

Choosing Your Palette

You might be getting a clearer picture in your head about some of your goals, but let's spend a little more time with the preparation before you start dipping your brush in the paint. Review where you've been and where you're going.

1. Did you set goals for yourself over the last year? If so, did you accomplish any of them?
2. What were three AMAZING things that happened over the last year? Why did they make the list?
3. What difficulties did you face over the last year? How did you overcome?
4. What was the consistent overall feeling/emotion you experienced over the last year? Do you feel differently now?
5. What would you have changed about the past year? Why?



6. What was the biggest thing you accomplished this past year?
7. What was the one thing you wish you had done, but didn't?
8. Are you ready to do this thing?

Dipping Your Brush in the Paint

You've got the vision in your head. You're clear on what this artwork is going to look like when you're done. Time to dip that brush in the paint and start working. Let's set some goals!

Think about areas of your life where you'd like to see results. This could include home, work, finances, health + wellness, school, relationships, spirituality, hobbies, personal development or enjoyment. What is going well? What could be better? Choose as many areas as you'd like, but be realistic about what you are likely to work on and what you can actually accomplish.

Write down the first step you'll need to take to achieve this goal.

Area I want to work on: _____

Result I want to achieve: _____

First thing I need to do to make it happen: _____

Area I want to work on: _____

Result I want to achieve: _____

First thing I need to do to make it happen: _____



Getting Messy!

Time to put your smock on! Remember those from elementary school? They were so cool. Anyway, I digress. Hopefully you've got a few goals at this point. If not, you shouldn't be reading this section! Go back and do the thing. Seriously.

The next order of business is to analyze your goals a little bit. I know, this sounds boring, but it is the most important part. If you don't think about WHY you're working towards accomplishing your goals, then you're going to have a hard time *actually* accomplishing them. You're going to feel unmotivated at times. You're going to feel guilty for not doing more to get it all done. You can come back to this handy-dandy guide to remind yourself why this stuff matters. Because it does.

For each goal, write in the space below what the benefits will be to you personally when you achieve each of them. Consider how it might benefit others as well!



Getting Detailed (or as Bob Ross says, “Let’s put a happy little tree over here”)

You’ve figured out your goals. Good job! Now, you need to get specific about them. If your goal is to lose weight, you need to think about how much weight you want to lose and by when. If you are planning to get organized, decide if you’re going to organize your closet or your file drawer...or both! Think about things that may seem silly like, “I don’t want to have more than 5 pairs of shoes in my closet.” Or “I’m going to shred all my old bills and statements that are more than one year old.” Again, be realistic. If you aren’t, you’ll give up!

Goal: _____

SUPER SPECIFIC Goal: _____

Deadline: _____

Goal: _____

SUPER SPECIFIC Goal: _____

Deadline: _____

Goal: _____

SUPER SPECIFIC Goal: _____

Deadline: _____

Goal: _____

SUPER SPECIFIC Goal: _____

Deadline: _____

Almost done! Phew!



Adding the final touches!

You're almost done with your masterpiece! There are a few little things you'll want to do before you hang it on the wall.

You've got your goals, you've got a plan, you've been really specific about how it's going to happen and by when. AMAZING! The last step is making a list of anything you're going to need to make sure it all happens. So, going back to the example of losing weight, think about what it's going to take to reach your goal. You might need to join a gym. You might need to start thinking ahead on meals and your grocery list. You might need a friend or family member to help hold you accountable. Perhaps you want to buy a fitness tracking device or you need to download an app to keep track of calorie intake.

Make a list below of any resources you'll need to ensure you reach your goal(s). Include people, places and things.

Things I'm going to need to make this thang happen:

Sign your work!

You're done! Now you need to sign below. This is a contract with yourself and the only person who is going to make it happen is YOU.

I, _____, am making a commitment to myself to follow through on the goals I've set in this contract. I will do everything in my power to make it happen.

Signed _____