



Strategies to Achieve Goals

As my children prepare to go back to school and I speak with the parents of college students, the idea of success is often very much to the fore. Yet many of us are not very clear as to what exactly success means to us. Within an educational context it is often presented as good grades and less often as a well-developed mind.

So what do we mean when we talk of educational, personal or professional success? There are many definitions to be found but one which I particularly like describes success as “an incessant refinement of strategy until something finally works” (Saleem Rana).

What I really like about this definition is that the focus is on the process. What follows from this definition is that those who will succeed, will be those who keep trying, and who actively examine if what they are doing is working, and if it is not then they make changes.

The starting point of your success is goal setting. So whether you are setting an educational goal at this time of year or working on an ongoing work or personal goal, it is important to write your goal down. Personally I find it good to keep my business goals at the top of my ‘To Do’ list so that I remind myself of them every day and they help me to stay focussed.

As with all goals the second step is about turning the goals into action steps. However a key step that is frequently missed is to take stock during the process to see which steps are working and which are not and to make the necessary changes to get better results.

And so my challenge to you this week is to take one of your goals. For that goal I want you to adopt the following steps:

- 1) Write out you goal and make sure that you read it every day.
- 2) Set out where you are right now in terms of achieving that goal.
- 3) Examine each of the steps that you are currently taking to achieve that goal and determine what is working and what is not working.
- 4) Try new things until you get better results.
- 5) Stop doing things that are not working.
- 6) When you arrive at you goal, take time to learn from the process and transfer that to other goals.

It would be best to start with a short-term goal so that you can see the benefits of this approach quickly and then move onto bigger and more complex goals.

Warm Wishes,

Mary

If you would like some help creating your goal delivery strategy then give me a call