

## Well formed personal goals

### A wiseman's prayer

'Give me the strength to change the things I can change,  
the patience to accept the things I cannot change  
and the wisdom to know the difference'.

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. **Stated in the positive.**  
**In words and intentions!**

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. Stated in the positive.
2. You want to do the goal.

Are you motivated to do it?

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. Stated in the positive.
2. You want to do the goal.
3. You are the one doing it.

You are in the driver seat!

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. Stated in the positive.
2. You want to do the goal.
3. You are the one doing it.
4. It is sensory based.

It involves actions and feelings!

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. Stated in the positive.
  2. You want to do the goal.
  3. You are the one doing it.
  4. It is sensory based.
  5. The goal is specific.
- Focussed and measurable!

## Well formed personal goals

Your checklist of the conditions for well formed personal goals:



1. Stated in the positive.
2. You want to do the goal.
3. You are the one doing it.
4. It is sensory based.
5. The goal is specific.
6. Involves learning cycles.

Learning by doing, incorporate short cycles!

Well formed personal goals

This completes the session



Return to menu