

## Life and Business Leadership Insight 12.02.02

### “Goal Setting”

Hello & Happy New Year to everyone even though its February already!  
I hope you all enjoyed the festive period and are ready to enjoy the challenges of a New Year.

Speaking of the New Year... I wonder how many of you have committed yourself to achieving goals that will truly stretch yourself out of your 'comfort zone' this year.

It seems to me that all successful people set themselves goals regularly and, more importantly, achieve them with sustained regularity.

It is the achievement of these goals that gives most people the sense of accomplishment that helps to build their self-esteem, self-confidence and develop a sustainable positive attitude.

It is important to set yourself challenging goals because it is only when you venture out of your comfort zone that you hit the 'learning zone' and this is where the real growth & change opportunity occurs. As the name implies the learning zone is everything its name signifies!

The more regularly you stretch out of your comfort zone, the more potential there is to learn due to the fact that you are now in relatively uncharted waters with a whole set of new “learning” experiences awaiting you.

If you have already set your goals, **congratulations!**

If this message prompts you... then consider including the following categories into your goal setting plan.

**Social:** Check you have enough time for yourself, your partner and your friends. For example; set weekends aside in advance so that they are already booked into your diary.

**Intellectual:** What goals have you set that will improve your intellectual capacity. What books do you propose to read over the next year and what percentage of them will be directed toward professional development?

**Physical:** What is your commitment to your health? Do you have a good balance between activity and rest and is your nutritional plan appropriate for who you are and what you have to do?

**Emotional/Mental:** What behaviours do you currently have that you want to change? Specifically what behaviours do you have that consistently take you “out of control” and away from the focus of your work and life?

**Financial:** What financial goal do you want to achieve and are the financial indicators relating to your current situation healthy or otherwise?

#### **Performance Enhancing Substance:**

***“I do the very best I know how-the very best I can; and I mean to keep on doing so until the end”***  
**Abraham Lincoln**

#### **Performance Enhancing Reading Material:**

***“To the Top-A Personal Best Approach to Success”***     **Anthony M Stewart**

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