



Good Goal

An Interactive Journal For Goal Setting

Hello, friend :)

We all want different things in life.
To achieve each of them, we need to:

1. Set a GOOD goal
2. Get READY to execute it
3. Be Patient, Positive and Persistent

Now, do you know how to set a GOOD goal?

This interactive journal is designed to help you grow awareness for setting good goals that bring success! You'll learn to practice setting good goals before you begin the journey of achieving them.

We've designed the Colorful tools you need for step-by-step planning: along with the guidebook, you can use the Goal Setting Checklist and the Goal Planner to make sure you stick to your well-chosen plans!

You can copy or print the Goal Planner as many times as you want- to dedicate a separate one to each goal!

Every day is an
opportunity
for a fresh start

Let's learn how to plan SMARTer goals :)

Cheers,
Colorful Zone



Things you are going to learn

Goals Triangle	01
Are you hoping or are you goal-ing?	02
Hopes aren't that SMART, but goals are:	03
Not all goals are the same	04
Goals don't move; you do!	05
All set? ... almost	06
We are fully packed, but it never hurts to take cautionary measures.	08
To make it easier, use Habit stacking	12

Your Colorful tools for goal setting

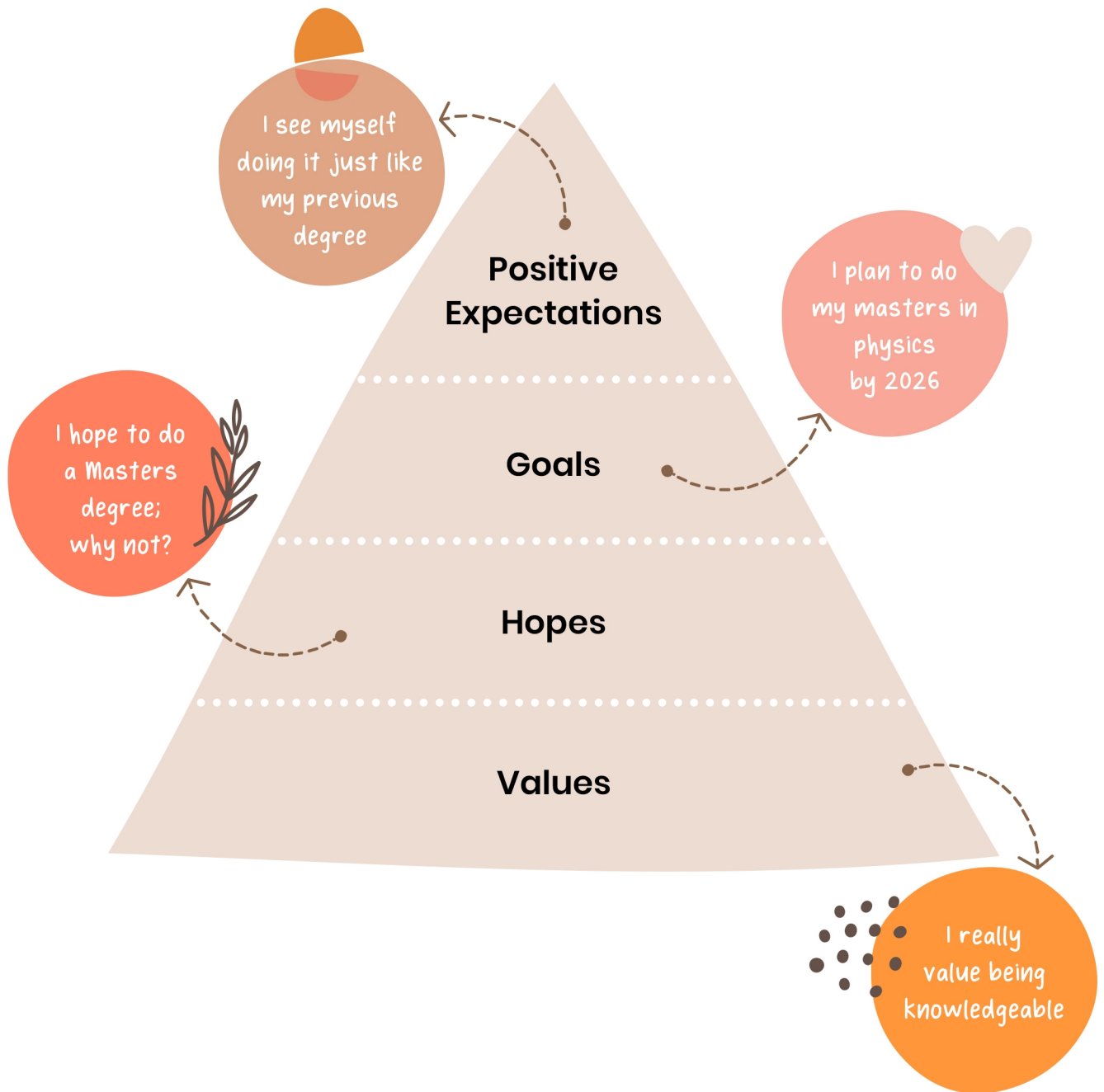
Goal setting check list

Goal planner

If
you don't know
where you are going,
you will probably
end up
somewhere else.

Lawrence J. Peter

Goals Triangle



Your turn, draw your triangle and in the relevant section write your values, hopes, goals and positive expectations

Are you hoping or are you goal-ing?

Even though they might sound very similar, knowing the difference can actually help you move towards happiness, or as we would like to say: self-happiness!



Hope seems to have a motivational power which helps us set goals for ourselves and move towards them. It does not necessarily have to be the reality and it does not need us to find realistic pathways. When we see a possibility, albeit a very small one, we feel “hopeful”.

Good news is that hope seems to be quite resistant to negative feedback – when you try to do something but don’t get the expected result, you don’t simply lose hope. You might change the level of your expectancy, but there is almost always hope :) Seems good, doesn’t it? Well, yeah! but it’s not enough.



Which one is a hope? Which one is a goal?

- Learning to drive by next month
- Winning the lottery
- Becoming rich
- Reading 20 books in the next 12 months

Hopes aren't that SMART, but goals are:

Do you have SMART goals? Because if they're not SMART, it's very difficult to reach them.

Specific:

Can you define what your goal is in detail? Vagueness may push us further away

Measurable:

How would you know if you have reached your goal?

Achievable:

Can you reach this goal with commitment? Do you know what exactly you need?

Relevant:

How does this goal affect you personally?

Time-based:

Have you thought about the timing? Is it doable in the specified time framework?

Below, choose one goal that you already have in mind.
Now do the checklist below and see if you need to make some changes:

Is it Specific?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is it Measurable?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is it Attainable?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is it Realistic?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Is it Time-based?	<input type="checkbox"/> Yes	<input type="checkbox"/> No

Not all goals are the same

Now that we know what hopes and goals are, we're good to go! Well, not really.

There are actually two types of goals. They differ in what type of needs they satisfy

Intrinsic

these satisfy basic psychological needs such as meaningful relationships and self-growth



Extrinsic

these rely on external reward, approval or envy of others. eg: fame, affluence



When people set goals that have intrinsic values, they usually report having achieved their goals more than the extrinsic group.

You might find it difficult to find out if your goal is more intrinsic or extrinsic. Remember, sometimes you need to look deep in yourself and ask why you have chosen a certain goal. Go back and find the goal you chose to check if it was SMART. Is it more intrinsic or extrinsic? or maybe both?

Envision, create,
and believe in
your own universe,
and the universe will
form around you.

Tony Hsieh

Goals don't move; you do!

What's next?

Merely having a goal is not going to guarantee reaching a goal;

What are some other ingredients you will need? It's easy: The Three P's:



Patience

We need to be able to wait and continue when things get tough



Persistence

We need to actually stick to the plan!



Positivity

and of course, a positive attitude will help with the other two P's



Let's look at the same goal you chose before:

From 1 - 10:

How patient are you?

How persistent are you?

How positive are you?

All set? ... almost

Goals usually stem from our life values.. that's why it's good to know what your values are.



Look at the list of values we have prepared. Choose three that are the most important to you in life. These are values that you would do your best to have. Even if it seems very difficult and / or almost impossible.

1-

2-

3-

We don't like disagreeing with ourselves!

When you have a goal that does the opposite of what you value in life, you start having problems working towards it. That might be why sometimes you feel stuck!

It's best to choose goals that are in line with the values you chose on the previous page.

You're interested to know more? Read about "cognitive dissonance" here: www.colorful.zone/blog



What are the activities you have decided to change today in order to make them more in line with your values? List them here:

A goal without
a timeline
is just a
dream

Robert Herjavec

We are fully packed, but it never hurts to take cautionary measures.

It's entirely normal to face some challenges along the way. That's the fun :)



That is why it's wise to foresee the challenges and prepare for them.

This is one of the self-happiness skills in fact: Prepare for challenges!



What are some challenges that you have usually faced when trying to reach a goal?



Is the task too overwhelming and stressful?

Read Page 11

Is the task simply unpleasant?

Go back to the 3 values and remind yourself how this task helps you get closer to one of them.

Have you not managed the time well?

Try Goal planner



Do you get easily distracted?

identify your distractors and remove them - like your phone



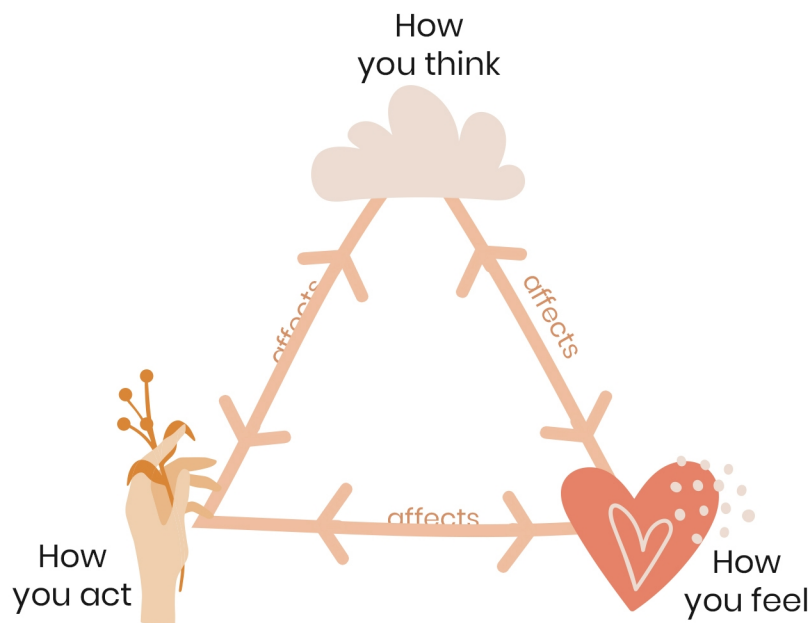
Do you think that you are not good enough for the task?

Read Page 10



Do you think that you are not good enough for the task?

There might be many reasons as to why we procrastinate - but one very important reason seems to be us having a negative self-concept: we believe that we do not function as well as we should (our ideal self). We have lower self-worth and so we lack motivation when doing certain tasks.



Did you know?

Having confidence in yourself actually helps goal attainment. What you think affects how you feel which affects how you act.

What should we do? check out this link to help yourself overcome the thoughts such as “I’m not good enough”

www.colorful.zone/blog/overcoming-unhealthy-self-criticism/

What is the most critical thing you tell yourself? Read the blog above and then write down how you can overcome it.

If you aim
at nothing,
you will hit it
every time

Zig Ziglar

Is the task too overwhelming and stressful?

If you decide to do a marathon, you might feel overwhelmed very soon and give up!

However, if you decide to just start practicing for 2 kilo-meters a day, you will find it a lot more do-able and not scary!



So, try to break down your goals into small, achievable steps and you will find that you will start moving forward much more easily.

Choose the first three steps (small ones) to reach your goal?

1- _____

2- _____

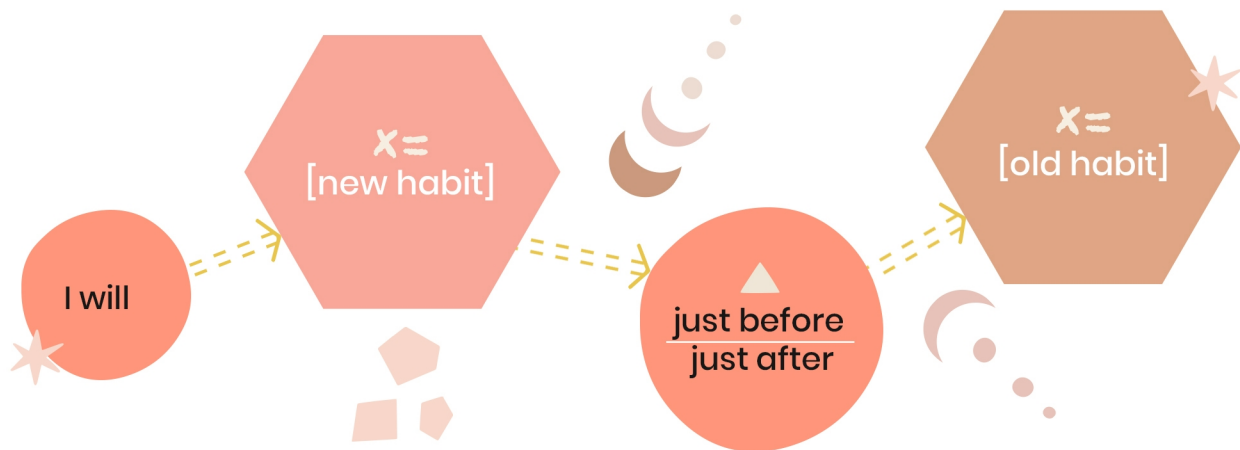
3- _____

To make it easier, use Habit stacking

New goals, new habits!
How?

Our brain finds it a lot easier to practice new habits when we do it right before or after a behaviour that is already a habit.

Basically, follow this formula:



The old habit can be something as simple as taking a shower.

It's time for your own formula:

I will _____ right after / before _____

You are never
too old
to set another goal
or to dream
a new dream.

C.S. Lewis



Goal Planner

Dedicate a separate Goal Planner
to each goal



READY,

SET,

GOAL!



GOAL CHECKLIST

Before setting a new goal and planning for it, go through this checklist first



Is it a goal or a hope? If it's a hope, can you re-frame it to make it a goal?



Is your goal SMART?

- Specific
- Measurable
- Achievable
- Relevant
- Time-based



Which value does your goal represent?



Have you broken down the steps? Is the first step clear?



What are some challenges you might face along the way?



Do you know how to tackle these challenges?
You might need to check your goal journal



MY GOAL PLAN

START DATE:

ACHIEVE DATE:

GOAL:

IS IT SMART?

- SPECIFIC
- MEASURABLE
- ACHIEVABLE
- RELEVANT
- TIME-BASED

MY INTRINSIC MOTIVATION

CHALLENGES I MAY HAVE:

MY EXTRINSIC MOTIVATION

ACTION PLAN:



ONE HABIT THAT HELPS ME ACHIEVE MY GOAL

I will _____ right before/after _____

MY REWARD AFTER ACHIEVING MY GOAL



MY CHALLENGES



CHALLENGE:

SOLUTION:



CHALLENGE:

SOLUTION:



CHALLENGE:

SOLUTION:



CHALLENGE:

SOLUTION:



MY HABIT STACKING



I WILL _____ RIGHT BEFORE/AFTER _____

- | | | | | | | | | | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 | DAY 07 | DAY 08 | DAY 09 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |



I WILL _____ RIGHT BEFORE/AFTER _____

- | | | | | | | | | | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 | DAY 07 | DAY 08 | DAY 09 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |



I WILL _____ RIGHT BEFORE/AFTER _____

- | | | | | | | | | | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 | DAY 07 | DAY 08 | DAY 09 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |



I WILL _____ RIGHT BEFORE/AFTER _____

- | | | | | | | | | | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| DAY 01 | DAY 02 | DAY 03 | DAY 04 | DAY 05 | DAY 06 | DAY 07 | DAY 08 | DAY 09 | DAY 10 | DAY 11 | DAY 12 | DAY 13 | DAY 14 | DAY 15 |
| DAY 16 | DAY 17 | DAY 18 | DAY 19 | DAY 20 | DAY 21 | DAY 22 | DAY 23 | DAY 24 | DAY 25 | DAY 26 | DAY 27 | DAY 28 | DAY 29 | DAY 30 |

Setting goals
is the first step
in turning the
invisible
into the
visible

Tony Robbins

Be practical
as well as generous
in your ideals.

Keep your eyes
on the stars,
but remember
to keep your feet
on the ground

Theodore Roosevelt

You measure
the size of the
accomplishment
by the obstacles
you have to overcome
to reach your goals

Booker T. Washington

This is my invariable
advice to people:
Learn how to cook
try new recipes,
learn from your
mistakes,
be fearless and
above all have fun!

Julia Child

If we have a goal
and a plan,
and are willing to
take
risks and mistakes
and work as team,
we can choose to
do the hard thing

Scott Kelly

By:



www.colorful.zone



Good Goal Project
including this handbook is for
YOUR PERSONAL USE only.



info@colorful.zone