



LIFE COACHING

CERTIFICATION
PROGRAMME

*The 7 Deadly Sins
of Goal Setting*

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THE 7 DEADLY SINS OF GOAL SETTING

There are some pitfalls to be aware of when it comes to goal setting - also known as the seven deadly sins of goal setting:

Sin 1. Not Writing Goals Down

The old concept, 'Out of sight, out of mind' explains why goals and supporting action plans should be documented and stored somewhere visible. The most efficient way to reinforce a new key concept you learn and a long-term commitment to your goals is to write them down and position them somewhere where you will be reminded of them daily.

Sin 2. Having Unclear Motivations

It's crucial that our goals are personal and meaningful; otherwise, we'd have no reason to work towards them. In other words, the reasons 'why' we want to reach our goals are always going to be more important than 'what' we ever want to achieve. Consider the big goal of 'getting rich'. This goal will be completely meaningless to you unless there's a strong enough reason for wanting to get rich in the first place, reinforced by your personal wants and needs. If your reason for making more money is just to buy more things or to fuel your spending habits, you might find it difficult to be authentically motivated by this.

However, if your primary reason is to pay off a family members mortgage, give more to charity, or start a new social project, you'll most likely feel a lot more passionate about seeing this process through to completion. Whatever your underlying reasons are for doing what you want to do, they will all be important reasons, as they're directly personal to you.

Sin 3. Setting Unrealistic Goals

Writing a goal down doesn't mean that it will happen by itself, and even the greatest intentions are meaningless without actions to follow them through. It's only through taking practical measures that you will achieve your goals, and the only way you'll be able to action these goals is if you are genuinely passionate about them, to begin with.

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Many people set unrealistic deadlines for achieving their goals. If you were to consider how long it takes to develop a new skill (like learning a new language), these things don't happen overnight! Think about how long it can sometimes take to develop a new habit, or even break an old one (such as smoking or binge eating).

Achieving goals that are meaningful, will often require more time than what we want to invest in them. We are all limited by our predispositions and natural abilities. The secret is to focus on our natural abilities and motivations as a driving force for taking us forward.

"Someone's sitting in the shade today because someone planted a tree a long time ago." — Warren Buffett

Sin 4. Not Having An Effective Plan

Perfect planning prevents a partially poor performance! Having a well-considered goal in writing is only the introduction section of your greater life story. It is a well-considered action plan that directs you towards arriving at the final scene or chapter. The goals that you set will become your final destination, and the action plans which you create will become the map that will allow you to get there.

Every successful mission has had a well thought out plan attached to it. Be patient and enjoy the process, as this is your life! Invest time into planning this journey so you can take the best route and get there in the best possible time.

Sin 5. Not Taking Appropriate Action

Having a perfect set of goals for your life will be useless if they don't get actioned. Although your plan will guide you and keep you right on what to do, you're still the one that has to action these things. The action plan (and your life goals) will most likely seem dynamic. These aims and plans will also be prone to change as you move forward in life and come across roadblocks, challenges and detours.

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Sometimes, your life will even change its course, and this is common for everyone, so don't be concerned if you need to make changes as you go or even start the goal setting process all over again.

Sin 6. Losing Focus

Successfully achieving your goals will require focus, commitment and persistence. Sometimes you might lose this focus, but it's important not to quit, as this is the only life that you will ever have. To help keep you focused, try enlisting a trusted friend or personal mentor to support you throughout the process. You can share your successes and failures with them, and learn from the experiences you encounter along the way.

Sin 7. No Follow-through

Goal setting is a lifetime process. It is pointless having a personalised set of goals (even with the most actionable plans) if it just sits in your drawer gathering dust and doing nothing. Your Goals and Action Plan are your map to a meaningful future, it's your guide for living and should frequently be referred to as this will ensure that you keep heading in the right direction.

Our priorities and goals change as we progress our way through life. When this happens, it's important that we stop, reflect and consider going through the whole goal setting process again. Doing this ensures that your goals still have relevant meaning attached to them as what they did when you first set them. And, as long as the meaning attached to your goals remain the same, they will continue to act as the driving force that powers your actions and behaviours.