

## Goal Setting Cheat Sheet From SidSavara.com

### Key #1 – Write Your Goals Down

Studies and surveys have shown that you are far more likely to achieve your goals if you write it down.

### Key #2 – Set Short Term Milestones

For example, if your goal is to write a novel, rather than just saying you'll write a novel this year and leave it at that, instead commit to a certain number of pages or words a month – these short term milestones will help you stay on track, and will make your long term goal much more manageable.

### Key #3 – Be Specific

Use specific, tangible words in your goals such as measurements and (if applicable) a date by which they will be accomplished.

### Key #4 – Measure Actions as Well As Progress

Focusing on results can cause you to lose motivation. Focus on what you can directly control: working out every day, practicing musical instruments for an hour a day, etc.

### Key #5 – Start With Just One Goal

For most people, changing too many aspects of their lives requires an overwhelming amount of [willpower](#), and ends up being unrealistic. Set one major goal at a time, and then add to it.

### Key #6 – Schedule In Time For Your Goals

If you don't make time for your goals, you'll never accomplish them – it's as simple as that. Try scheduling a specific time every day for your goal.

### Key #7 – Set Goals You Actually Want To Achieve

Look at your life and the direction you want it to take – set goals that you realistically can achieve, but more important – pick goals you **want** to achieve. When your goals matter to you, you're much more likely to commit and stick to them.