



KEY MISTAKES PEOPLE MAKE WHEN SETTING GOALS

If you're anything like me, you have probably set a goal or two and never fully achieved the goal. You may have come "close enough" to the goal and accepted that tiny victory, or you attempted the goal then realized that achieving the goal will be much more challenging than you expected. Then you quit.

Whatever your results, I suggest that your "failure" to reach the goal had very little to do with you not being good enough, driven enough, talented enough, or resourced enough to complete that goal. The work of achieving the goal is not the reason for your failure. **Your failure started with the goal-setting process itself.**

I have found that there are five reasons why goals fail. Read through each of these and count how many of these have shown up in your goal-setting life.

- 1. We set goals that we are confident that we can achieve.** No matter where you start, you must step outside of your comfort zone and outside your zone of known skills to accomplish a goal. Many times, we adjust the goal instead of facing our fears or attempting a new skill.
- 2. We spend more time on the plan instead of the goal itself.** This is a possibility for people who love planning or feel better when they have a concrete plan before they begin. If you spend more time, energy, and resources on creating the plan and sketching out the perfect conditions and circumstances that must be in place for you to achieve your goal than you spend on thinking and writing out the goal, then you can easily sacrifice the goal by becoming too attached to the plan.
- 3. We set our goal based on the requirement of knowing HOW we will achieve the goal.** This occurs when goal-setters wait until they have "all" of the information or have learned everything they need to know before they dare to take their first step. Goal-setters also make the mistake of sharing a goal with a colleague or family member who immediately questions the goal-setters' ability to achieve the goal, immediately squashing the excitement about the goal. You can't get that excitement back. Protect your goals!
- 4. We question our worthiness of achieving the goal.** Based on our belief systems, we might question whether or not we deserve a better life, better results, or even if we deserve our dreams. The people closest to us might be the ones, albeit unwittingly, who are filling us with doubt by questioning our skills or our dedication to the goal. As a result, we agree with these doubts and doubters rather than agreeing with the potential within our dream and ourselves.
- 5. We think the purpose of the goal is to simply achieve the goal.** A giant misconception of goal-setting is to have something to cross off of a list. In actuality, the purpose of a goal is to grow into a person who can have and do the things you dream of. Goals exist to raise your awareness of the potential inside of you that can propel you into the life that you want. That's so much more satisfying than crossing something off a list. You're life's not a grocery list! It's an adventure. Where's yours going to take you next?

If you have had a struggle in achieving goals in the past you set very short term goals, day goals that will allow you to gain confidence in your ability to keep your word and commitment to yourself. Each small win will build on the last and will begin to create the winning learning model in your mind. If you need a mentor or coach to help your mindset and grow personally, email me at Tom@LBLeaders.com. I am here to help you be the best version of you.