

EIGHT GOAL-SETTING MISTAKES

Avoid Them to Achieve Your Dreams



Have you ever set yourself a goal,

BUT NOT ACHIEVED IT,

despite your best efforts?



Chances are, you were defeated

by poor execution, rather than

lack of effort or skill.



Let's look at eight of

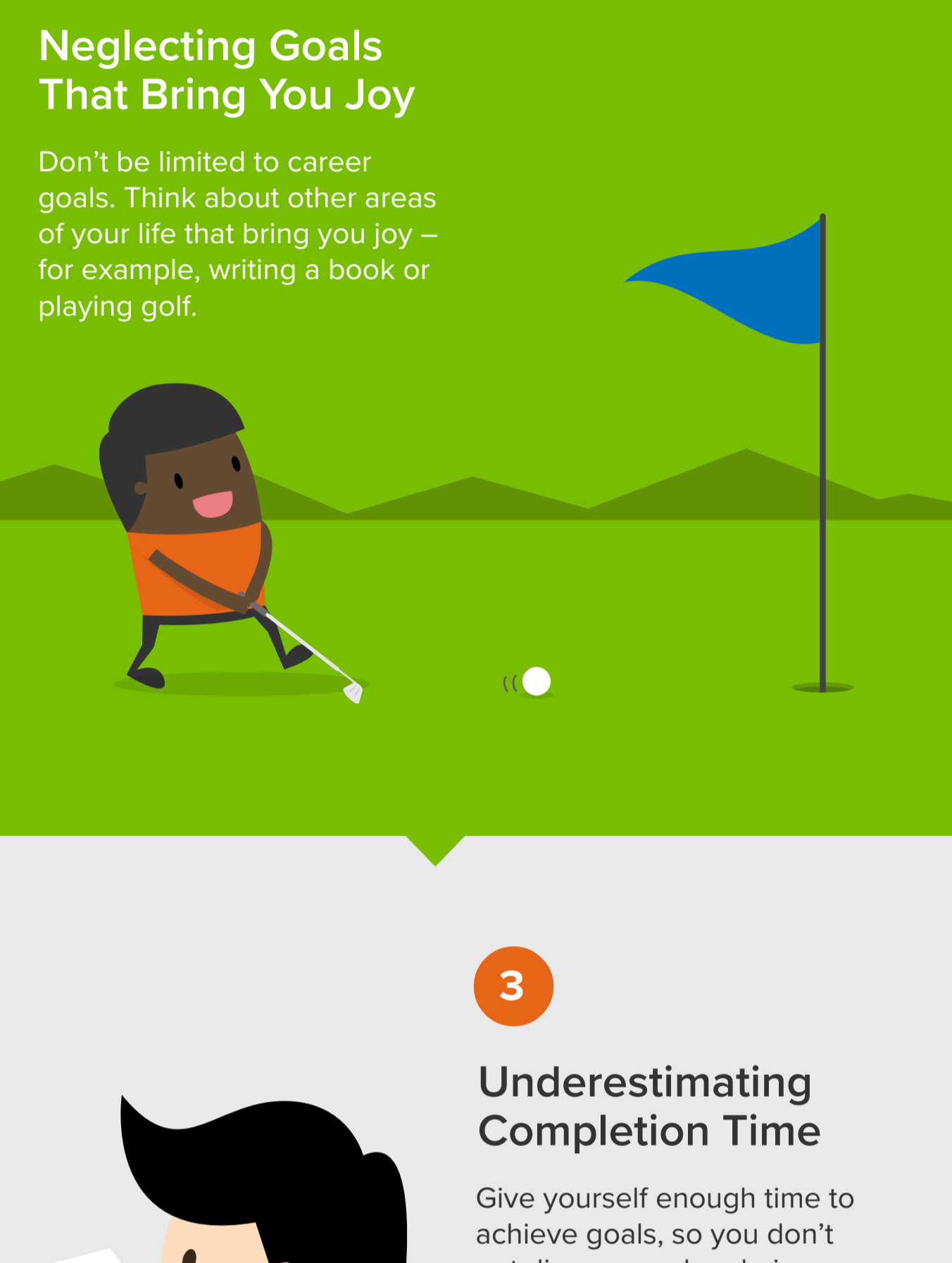
the most common goal

setting mistakes:

1

Setting Unrealistic Goals

Be imaginative and ambitious, but make sure your goal is achievable.



2

Neglecting Goals That Bring You Joy

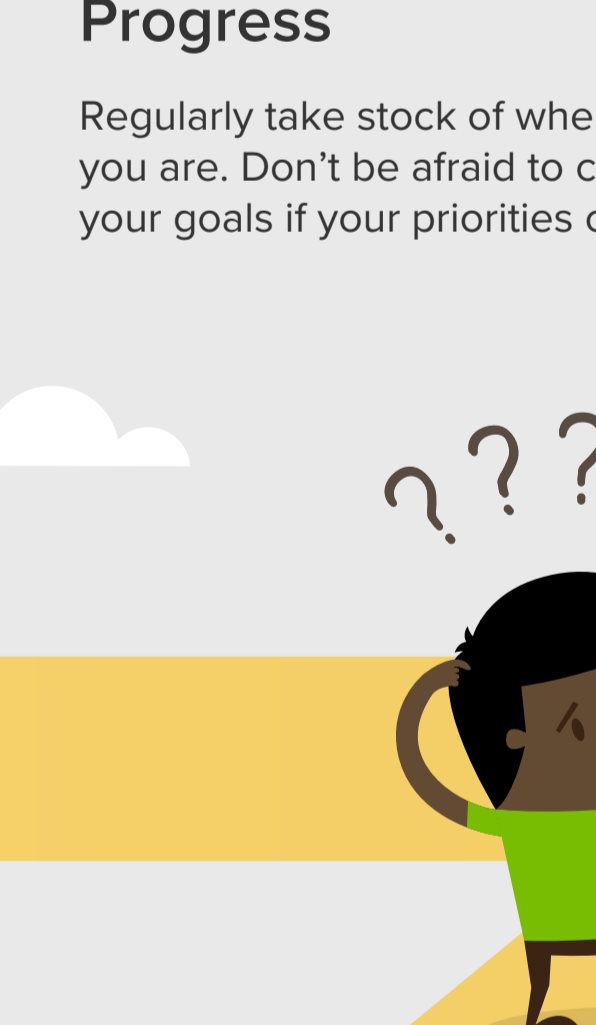
Don't be limited to career goals. Think about other areas of your life that bring you joy – for example, writing a book or playing golf.



3

Underestimating Completion Time

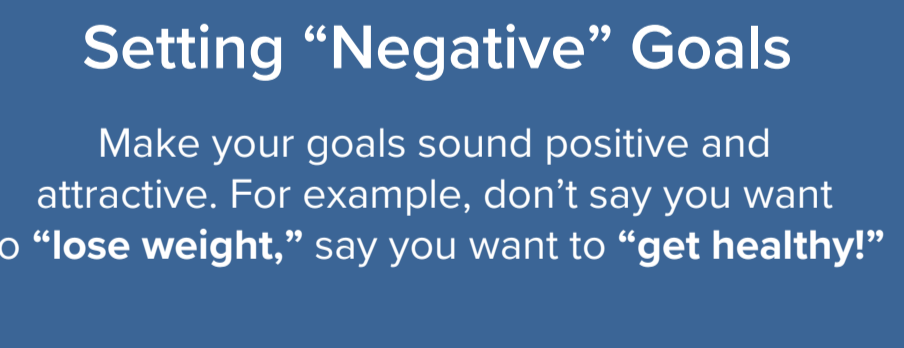
Give yourself enough time to achieve goals, so you don't get discouraged and give up.



4

Not Appreciating Failure

If you do fail, learn from it, dust yourself off, and try again!



5

Setting "Other People's Goals"

You need to deliver on work-related goals set for you. But don't choose goals just to satisfy others.



6

Not Reviewing Progress

Regularly take stock of where you are. Don't be afraid to change your goals if your priorities change.

Change of Plan

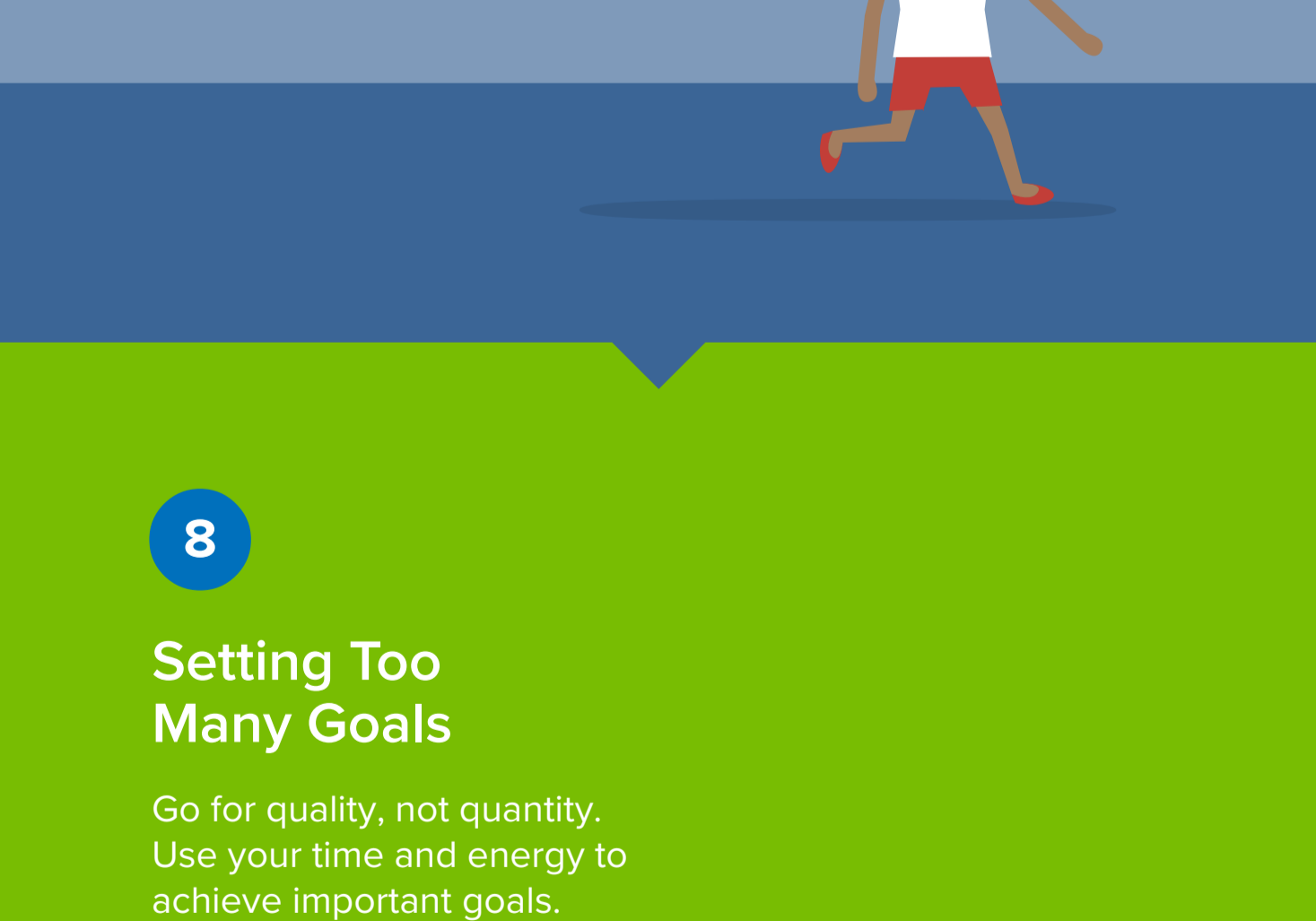
Stick to Plan

???

7

Setting "Negative" Goals

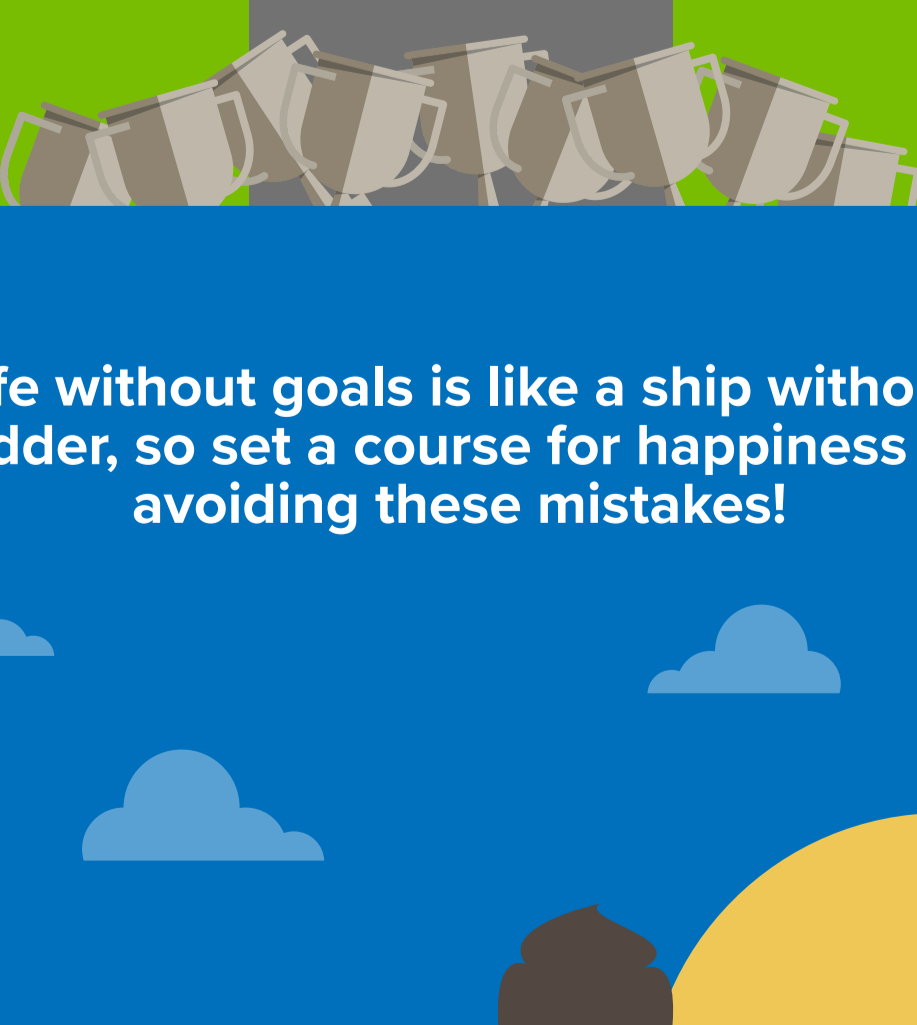
Make your goals sound positive and attractive. For example, don't say you want to "lose weight," say you want to "get healthy!"



8

Setting Too Many Goals

Go for quality, not quantity. Use your time and energy to achieve important goals.



A life without goals is like a ship without a rudder, so set a course for happiness by

avoiding these mistakes!



To discover how to set your goals successfully, visit [MindTools.com/personalgoals](https://www.MindTools.com/personalgoals)