



The Belief Factor: How Your Beliefs Impact Your Goal Setting

“Understanding personal values and beliefs helps clients to make wise choices, understand themselves and others better and know how to motivate themselves during goal attainment.”

Dr Sidney Simon

As humans, setting goals is woven into the fabric of our very being. We yearn for novelty, adventure, and growth, while also seeking stability, security, and comfort. It's easy to lose sight of the fact that setting well-aligned goals can provide the excitement we crave while still maintaining the balance we require. The future is going to depend on how you look at things like goal setting.

A simple guide to goal setting for either yourself or for your clients to use as a self-coaching tool:

Step 1: Start by making a list of everything you want in life and what you don't want. This will help you get a clear idea of what you truly desire.

Step 2: Turn your negative “don't wants” into positive “do wants” to create a positive mindset.

Step 3: Prioritise your top 10 goals and choose one to focus on first.

Step 4: Determine if this goal is something you truly want or just something you think you should have.

Step 5: Score yourself on a scale of 1-10 on where you currently stand in relation to your goal.

Step 6: Set a specific and measurable goal based on what you need to do to achieve a higher score on the scale.

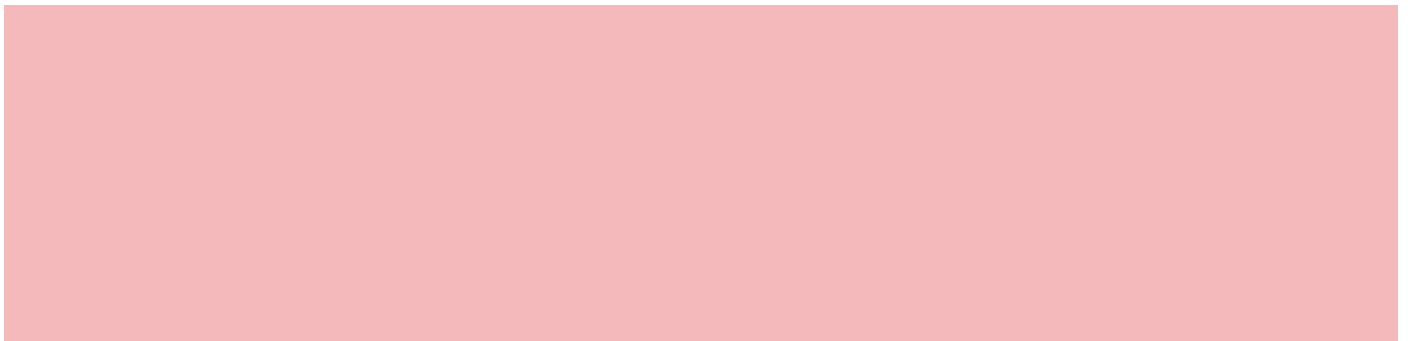
Step 7: Make sure this goal aligns with your values and beliefs and that you have a strong belief in yourself to achieve it. Then, break down the steps needed to achieve your goal and take consistent daily action towards making your dreams a reality.

Coach Yourself Questions

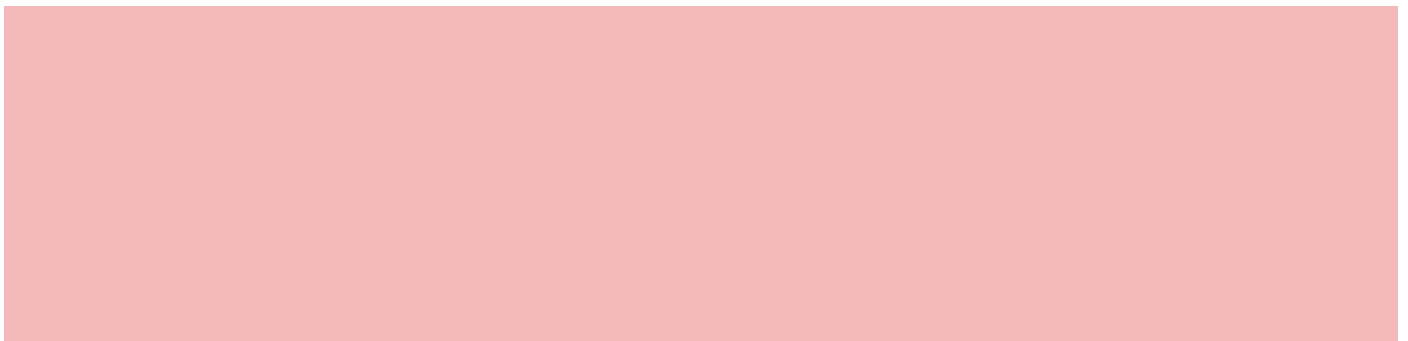
How can you align your goals with your core beliefs?

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What actions can you take daily or weekly to ensure you are living in alignment with your beliefs?

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What steps can you take to ensure your beliefs are supporting the goal setting process?

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Useful Resources

Start now. Get perfect later. Rob Moore

Habits for success: How to change your life one step at a time. Daniel Walter