



## Goals: What's in it for me?

Goals give you direction. After all, if you don't know where you are going, how will you know when you get there?

Coming up with goals and writing them down may seem like a complete waste of time to you. But apart from gaining a sense of direction, setting goals have many other benefits.

Goals enable us to:

- Identify our strengths
- Identify our weaknesses so that we can change them
- Have a sense of victory or accomplishment of past goals, thereby making us feel confident and competent (even when dealing with unexpected or difficult situations)
- Improve our self-esteem
- Measure progress. If we are not sure what our results should be, we have no way of monitoring our progress
- Grow. Goals challenge our comfort zones and motivates us to develop
- Prioritise. If we have goals, we focus on the things we want to achieve and avoid getting distracted by "less" important things
- Be responsible. We feel responsible for our own successes and failures if we have clear goals

But in order for you to feel the benefits, you should know what goals are and how to formulate them effectively.

### Setting goals

Remember that goals are not just for your career. They can be applied in many areas of your life. Having goals in more than one area of your life will help you move towards a more fulfilling life in general. So when you sit down to come up with your goals, consider all the following categories:

- Family
- Friends
- Community
- Financial
- Career
- Household
- Education
- Health
- Spiritual and/or religious
- Recreation