



Week of August 9, 2010

Quotes about Goals

“A goal is the final purpose or aim to be reached or attained.” ~Dictionary

“A person without goals in his life is like a ship without maps and a compass.”
~Patrick Stephan

“Having no goals is comfortable; without goals, there is no failure.” ~Gailyn Van Rheen

“If a man knows not what harbor he seeks, any wind is the right wind.” ~Seneca

“If you don’t know where you’re going, any road will get you there.” ~Unknown

“You have a much better chance of hitting the bulls-eye if you can see the target.”
~Unknown

Most experts recommend that people develop S.M.A.R.T. goals. Each letter in the acronym stands for a characteristic of a well-written goal.

S stands for *specific*. A well-written goal defines precisely and clearly what you hope to accomplish. A person not involved in the venture should be able to understand it.

M means *measurable*. Every goal should include a way to measure progress toward achieving the end result.

A represents *action-oriented*. The goal should include action verbs to list the necessary steps to achieve the end result.

R signifies *realistic*. No one wants to pursue a goal with little or no chance of achievement. On the other hand, it’s hard to motivate people to work toward a sure thing.

T denotes *time-based*. A good goal includes a deadline. The time limit should be enough to achieve the goal, but not too much because people tend to lose interest.