

# The Art of GOAL-SETTING

Turning your vision into action.

“ Think of goal-setting  
as your  
**NAVIGATION** system.”

In designing your goal-setting navigation system and charting your own course, you will have control over your destination.



Most often, people fail to attain their goals not because they lack effort, but because they **lack the structure** in setting them.

Vision without action is merely a dream.  
Action without vision just passes the time.

Vision with action can change the world.

Joel A. Barker

## Start with **WHY**

Clear sense of **purpose** will keep you pushing forward despite hardships, will keep you bouncing back despite failures.

## List your **WHAT**

Set your goal down to the details by following the SMART guidelines: **S**pecific, **M**easurable, **A**ttainable, **R**elevant & **T**ime-based.

## Develop **HOW**

Create your action plan and be proactive in continuing to completion for your desired outcome.

Stop daydreaming about your goals & start **DOING** them.