

"If you don't know where you are going, you'll end up someplace else."

-Yogi Berra

2013 is well underway...time for a quick life audit. Are you creating and living your blockbuster life every day in your personal and professional life or are you getting through the days by responding and reacting to the happenings around you? Unless you consciously plan how you want your life to look, life will control you rather than you controlling life. Do you plan your holidays? Do you write a shopping list? What about your personal and professional life? Do you have a vision for how those elements of your life will look 1 month from now, 3 months from now, 6 months from now 2 years from now, 5 years from now and so on?

Read on to find out how vision and goal setting can go a long way towards creation and fulfilment.

Sally x

In this edition of Blockbuster Life Solutions

- Create Your Blockbuster Corporation: Workplace Goal setting
- Create Your Blockbuster Life: Personal Goal Setting
- News
- Q & A
- Connect with Sally

Create Your Blockbuster Corporation

Workplace Goal Setting

Goal setting is used by successful business-people and achievers in all walks of life. Setting goals gives you long-term vision and short-term motivation. It helps you to organize your time and your resources so that you can make the very most of your work day and working life.

By setting sharp, clearly defined goals, you can measure and take pride in the achievement of those goals, and you'll see forward progress in what might previously have seemed a long pointless work grind.

Think about your workplace goals in relation to the following:

- **Career** - What level do you want to reach in your career, or what do you want to achieve?
- **Financial** - How much do you want to earn, by what stage? How is this related to your career goals?
- **Education/Training** - Is there any knowledge you want to acquire in particular? What information and skills will you need to have in order to achieve other goals?

You should think about workplace goals using both big picture thinking and short term thinking. In other words, write down some 10 year plan goals, 5 year plan goals, 2 year plan goals, 1 year plan goals, 6 monthly goals, 3 monthly goals, 1 monthly goals and so forth.

I am sure you have heard of SMART Goals. The SMART mnemonic is a useful way of making goals more powerful. While there are plenty of variants SMART usually stands for:

- **S** - Specific
- **M** - Measurable
- **A** - Attainable
- **R** - Relevant
- **T** – Timed or trackable

When you make your goals SMART you are more likely to achieve them as you have clearly identified what you are going to achieve and by when. You have also made yourself accountable by writing down your goals. (SMART goals need to be written down or recorded in some way)

Once you have a SMART goal you can then break it down into smaller goals or actions. Record these actions on a **To-Do List** of things that you should do to work towards achieving your goal. Depending on the goal, you may even create a daily to-do-list from your larger **To-Do List**. Keep the process going by reviewing and updating your **To-Do List** on a regular basis.

Create Your Blockbuster Life

Personal Goal Setting

“A goal is a dream with a deadline.”
- Napoleon Hill

Personal goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting personal goals helps you choose where you want to go in life. Once again set SMART goals (Refer to previous section under workplace goal setting.)

Some goal setting categories you may consider are:

- **Family**
- **Relationships**

- Creativity
- Attitude
- Physical Activity/Exercise
- Health
- Pleasure/Hobbies
- Travel
- Public/Community Service

When you've achieved a goal, take some time to acknowledge it and celebrate! Absorb the implications of this achievement, and look for the progress that you've made towards other goals. With the experience of having achieved this goal, review the rest of your goal plans:

- If you achieved the goal too easily, make your next goal harder.
- If the goal took a dispiriting length of time to achieve, make the next goal a little easier.
- If you learned something that would lead you to change other goals, do so.
- If you noticed a deficit in your skills despite achieving the goal, decide whether to set goals to fix this.

News

I will be presenting a seminar on 'The Toxic Worker' as part of The Geelong Small Business Festival in August. Stay Tuned!

Q&A

I would love to hear from you!

Email me your questions and I will publish them along with my answers in forthcoming editions of Blockbuster Life Solutions.

Connect With Sally

Please connect with me

W www.sallylearey.com

E sally@sallylearey.com

F <http://www.facebook.com/pages/Sally-Learey/258555627566816>

L http://www.linkedin.com/profile/view?id=224131080&trk=tab_pro

T <https://twitter.com/sallylearey>

Know a friend or colleague who may find this newsletter interesting/beneficial?

Please forward it on and/or subscribe them at <http://www.sallylearey.com/newsletter/>

You are receiving this newsletter because you subscribed online or at one of my presentations/events. If you wish to unsubscribe please reply to this email with 'unsubscribe' in the subject line.