



## **CLARIFYING A GOAL**

*Often people need greater clarity before they can act decisively and with full commitment. Once they see clearly their heart's intent, their focus becomes like a laser — a powerful, coherent beam.*

~ John White, founding partner, Institute of HeartMath

Having goals is a great motivator for achieving the things you want. But a weak or fuzzy goal won't get you there. Use the following steps to formulate and clarify an empowering goal.

1. State your goal.
2. Make it clear and specific by making it SMART: specific, measurable, achievable, realistic and time-limited. Test your goal to make sure it meets all those criteria.
3. Now, let's look at motivation. Why do you want this? What will it get you? How will it make you feel? Who will you become as a result of achieving this goal?
4. The most empowering goals align with your values. How does this goal reflect your values? Is it something you really want to do or something you or someone else thinks you should do?
5. How does this goal relate to your unique life purpose? Will it give you a true sense of accomplishment?
6. How will it contribute to you? To your family? To society or others?
7. Do any of these aspects contradict? If so, how can you reconcile the differences?
8. Now, restate the goal in an empowering way:

My goal is to \_\_\_\_\_,  
in order to \_\_\_\_\_,  
so that it will benefit \_\_\_\_\_.