

GOAL SETTING COURSE OUTLINE

Dreaming is great; setting a goal is what will help make that achievement. Confucius once said, "When it is obvious that, that the goals cannot be reached, don't adjust the goals, adjust the action steps." This workshop highlights the four Ps of goal setting. You will learn the essence of setting SMART goals. Are your goals Specific, Measurable? Is there any Action taking place? Are they Realistic and Time-bound? A SMART goal is an effective goal. Take action today!

MODULE ONE: GETTING STARTED

- Housekeeping Items
- The Parking Lot
- Workshop Objectives
- Pre-Assignment
- Action Plans and Evaluations

MODULE TWO: OVERCOMING PROCRASTINATION (I)

- Eat That Frog!
- Just Do It
- The 15 Minute Rule
- Chop it Up
- Case Study
- Module Two: Review Questions

MODULE THREE OVERCOMING PROCRASTINATION (II)

- Remove Distractions
- Start Small and Build
- Reward Yourself
- Set Realistic Deadlines
- Case Study
- Module Three: Review Questions

MODULE FOUR: FOUR P'S OF GOALS SETTING

- They Need to be Positive
- They Need to be Personal
- They Need to be Possible
- They Need to be Prioritized
- Case Study
- Module Four: Review Questions

MODULE FIVE: IMPROVING MOTIVATION

- Remember Peak Moments
- Write Your Goals Down
- Use Gamification
- Track Your Progress
- Case Study
- Module Four: Review Questions

MODULE SIX: WISE TIME MANAGEMENT

- Urgent/Important Matrix
- The 80/20 Rule
- Utilize a Calendar
- Create a Ritual
- Case Study
- Module Six: Review Questions

MODULE SEVEN: TIPS FOR COMPLETING TASKS

- One Minute Rule
- Five Minute Rule
- Break Up Large Tasks
- Utilize Technology
- Case Study
- Module Seven: Review Questions

MODULE EIGHT: INCREASE YOUR PRODUCTIVITY

- Repeat What Works
- Get Faster
- Remove "Should" from Your Dictionary
- Build on Your Successes
- Case Study
- Module Eight: Review Questions

MODULE NINE: TO DO LIST CHARACTERISTICS

- Focus on the Important
- Chunk, Block, Tackle
- Make It a Habit
- Plan Ahead
- Case Study
- Module Nine: Review Questions

MODULE TEN: SMART GOALS

- Specific
- Measurable
- Attainable
- Realistic
- Timely
- Case Study
- Module Ten: Review Questions

MODULE ELEVEN: MISTAKES WILL HAPPEN

- Accept It
- Bouncing Back
- Adapt and Learn from Them
- If Needed, Ask for Help
- Case Study
- Module Eleven: Review Questions

MODULE TWELVE: WRAPPING UP

- Words from the Wise
- Review of Parking Lot
- Lessons Learned
- Completion of Action Plans and Evaluations