

# Goal Setting that Sticks:

Going beyond SMART goals

# Who am I?

[www.creativeandmindful.com/MWCC2017](http://www.creativeandmindful.com/MWCC2017)

[stephanie@creativeandmindful.com](mailto:stephanie@creativeandmindful.com)

[www.stephaniecake.com](http://www.stephaniecake.com)



Why is goal setting hard?

Where do you get tripped up in achieving your goals?

# Quick SMART Goals review (sorry!)

- **S**pecific
- **M**easurable
- **A**ction-oriented (or achievable!)
- **R**ealistic (or Resonant!)
- **T**ime-based

# Change your mindset

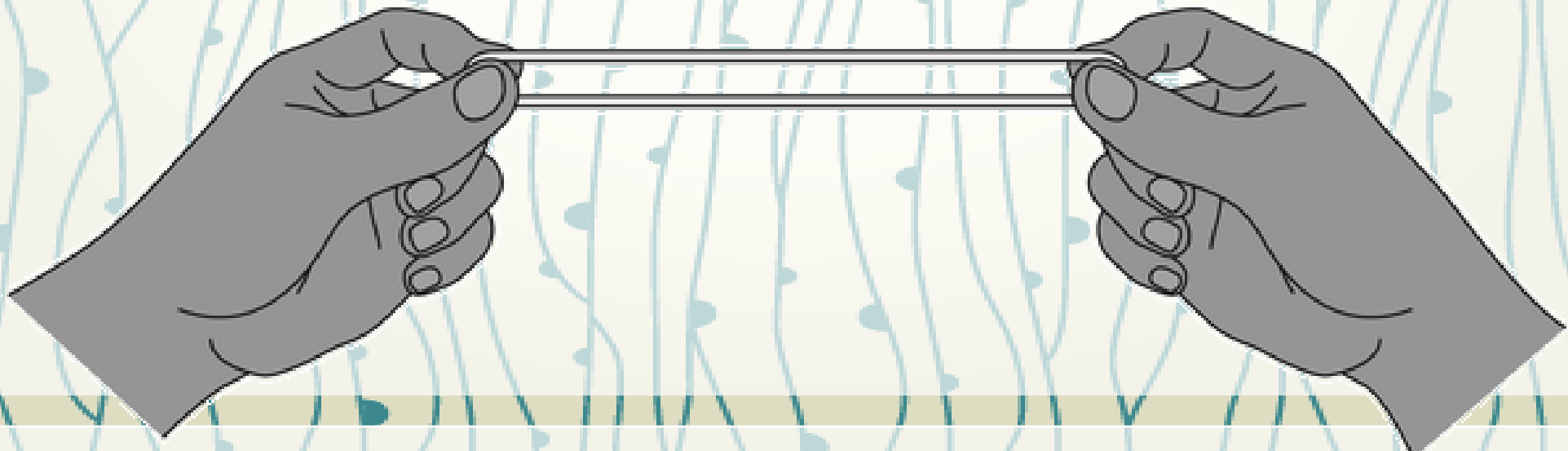
- Banish certain phrases
- Goals **can** change/evolve

# Your “WHY”

- ***Start With Why*** by Simon Sinek (Why → How → What)
- Personal and/or biz mission statement (belief system)
- Gut decisions come from this place (limbic brain)
- I Have a Dream vs. I Have a Plan

# Cognitive dissonance

- Start with the end in mind
- Examine beginning – what needs to change?
- Let go of beginning!





# ONE Thing

- Big goals take time (66 days to a new habit)
- Counterbalancing
- 80/20 (Pareto)
- ~~Multitasking~~
- Willpower is finite but renewable
- One Thing – big-picture and right-now



# Control free time

- Priorities
- Time is finite... but elastic
- Put your goals on the schedule **FIRST** (yes... it's kind of a chicken-or-the-egg activity)
- Laura Vanderkam (***168 Hours ; I Know How She Does It***)

# Deliberate practice

- 10,000 hours?? (Malcolm Gladwell)
- Purposeful and systematic
- [jamesclear.com/deliberate-practice-theory](http://jamesclear.com/deliberate-practice-theory)

# Resources

- [www.creativeandmindful.com/MWCC2017](http://www.creativeandmindful.com/MWCC2017)
- **ONE Thing** by Gary W. Keller & Jay Papasan
- **168 Hours** by Laura Vanderkam
- **I Know How She Does It** by Laura Vanderkam
- [https://www.ted.com/talks/laura\\_vanderkam\\_how\\_to\\_gain\\_control\\_of\\_your\\_free\\_time](https://www.ted.com/talks/laura_vanderkam_how_to_gain_control_of_your_free_time)
- [https://www.ted.com/talks/simon\\_sinek\\_how\\_great\\_leaders\\_inspire\\_action](https://www.ted.com/talks/simon_sinek_how_great_leaders_inspire_action)
- [https://www.ted.com/talks/eduardo\\_briceno\\_how\\_to\\_get\\_better\\_at\\_the\\_things\\_you\\_care\\_about](https://www.ted.com/talks/eduardo_briceno_how_to_get_better_at_the_things_you_care_about)