



Core goals

This section is all about what you are throwing your time, money and energies at – your goals.

Your goals are deeply affected by your thoughts and beliefs about the world. What you believe about the world will determine how you choose to behave and order your life priorities in the world.

So which is true for you?:

- I have set myself very clear goals*
- I have a vague idea of what I want to achieve in my life*
- I haven't the faintest clue of any personal goals*

Every training course you attend will tell you that Goals must be SMART!

S - specific, significant, stretching

M - measurable, meaningful, motivational

A - agreed upon, attainable, achievable, acceptable, action-oriented

R - realistic, relevant, reasonable, rewarding, results-oriented

T - time-based, time-bound, timely, tangible, trackable

Have a look at your personal goals – how many of them are SMART compliant!!

“Many people fail in life, not for lack of ability or brains or even courage, but simply because they have never organised their energies around a goal” – **American philanthropist Elbert Hubbard**

Now take a look at what the famous and less famous have said about goals. As you do, think about your Core Goals and add any comments – do they need revisiting?

“It’s only natural to change your goals and targets when you achieve something” – **Michael Jamieson, Athlete and Gold Olympic winner GB 2012**

“I still look at myself and want to improve” – **David Beckham (b. 1975)**

“Do not be embarrassed by your failures, learn from them and start again” – **Richard Branson (b. 1950)**

“For me, motivation is a person who has the capability to recruit the resources he needs to achieve a goal” – **Arsene Wenger (b. 1949)**

“A musician must make music, an artist must paint, a poet must write, if he is to be ultimately at peace with himself” – **Abraham Maslow (b. 1908)**

“I’m not very ambitious at all” – **Amy Winehouse**

“I can do anything I want to do really, I might as well” – **Robbie Williams**

“I think it’s quite great to set yourself a big challenge, and then you’ve got another reason for keeping fit” – **Richard Branson**

“Here is the test to find whether your mission on earth is finished. If you’re alive, it isn’t” – **Richard Bach**

Do you feel you have a sense of mission?

“I have a simple philosophy: Fill what’s empty. Empty what’s full. Scratch where it itches” – **Alice Roosevelt Longworth**

Is this a current view for you?

"Life is like a coin. You can spend it any way you wish, but you only spend it once" – **Lillian Dickson**

Does life feel like something to spend or invest?

"My formula for living is quite simple. I get up in the morning and I go to bed at night. In between, I occupy myself as best I can" – **Cary Grant**

Graffiti was found on a bench written by young people – 'What's the point? We're all going to die!' Is that what Cary Grant was saying or not?

"I have measured out my life with coffee spoons"
– **T.S. Eliot, The Love Song of J. Alfred Prufrock**

If you don't like coffee, what might you use to measure out life?!

"The only way to have a life is to commit to it like crazy" – **Angelina Jolie**

What does a life like this look like? Are you going for any Core Goals like this?

"The aim of life is to live, and to live means to be aware, joyously, drunkenly, serenely, divinely aware" – **Henry Miller**

How aware would you say you are of yourself and of your impact in the world?

"Summing up, it is clear the future holds great opportunities. It also holds pitfalls. The trick will be to avoid the pitfalls, seize the opportunities, and get back home by six o'clock" – **Woody Allen, 'My Speech to the Graduates,' Side Effects, 1980**

Do most people you know seize the day or aim for an easy life?

"Life is a journey and not a destination... the heart must be set upon those matters of character which are eternal and not upon those matters of sensation which pass away" – **Lynn H. Hough**

Does the idea of journey motivate you more or less than the idea of destination?

"When you catch a glimpse of your potential, that's when passion is born" – **Zig Ziglar**

How would you describe your potential?

"We cannot wish for that we know not" – **Voltaire**

Wishes and goals are pretty similar except that you can aim for goals! What's your aim like?

"God has given you one face, and you make yourself another"
– **William Shakespeare (b. 1694)**

How are your goals affecting you?

"There is more to life than increasing its speed" – **Mahatma Gandhi**

"After climbing a great hill, one only finds that there are many more hills to climb" – **Nelson Mandela (b. 1918)**

How do you react when you achieve a goal – sense of anti-climax or spurred on for the next one?

"When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action step" – **Confucius**

Does this sound SMART? Do you agree with Confucius as you think of some tough goals you have?

"My goal is simple. It is a complete understanding of the universe, why it is as it is and why it exists at all" – **Stephen Hawking**

**A simple goal – do you think it is realistic?
Are your goals realistic?**

"I am trying to find myself. Sometimes that's not easy" – **Marilyn Monroe**

**Are we all trying to find ourselves?
Do goals help us?**

"Our doubts are traitors and make us lose the good we oft might win by fearing to attempt" – **William Shakespeare**

**What is hindering you in achieving your goals?
Can you do something about it?**

"What keeps me going is goals" – **Muhammad Ali**

**Do your goals keep you going?
For what and for how long?!**

"I am results-oriented" – **Bill Gates (b. 1955)**

**What is the opposite of 'results-oriented'?
What is your main orientation?**

"No woman in my time will be prime minister or chancellor or foreign secretary - not the top jobs. Anyway, I wouldn't want to be prime minister; you have to give yourself 100 percent" – **Margaret Thatcher (b. 1925)**

**What changed? What changes might there be
so you can hit your goal?**

"Life is what happens while you are busy making other plans"
– **John Lennon (b. 1940)**

Have any of your achieved goals been fulfilled despite you rather than because of you?

“The biggest adventure you can take is to live the life of your dreams”
– **Oprah Winfrey (b. 1954)**

What is the life of your dreams?

“If you aim at nothing, you’ll hit it every time” – **Zig Ziglar (b. 1926)**

“To be, or not to be, that is the question” – **William Shakespeare**

Looking at your goals, what is the answer?! What makes a goal ‘noble’?

“If you want to accomplish the goals of your life, you have to begin with the spirit” – **Oprah Winfrey**

What does Oprah mean and is she right?

“What you get by achieving your goals is not as important as what you become by achieving your goals” – **Goethe**

What might you become through achieving your goals?

“Unless you try to do something beyond what you have already mastered, you will never grow” – **Ralph Waldo Emerson**

Are your goals stretching you?

“The key question to keep asking is, ‘Are you spending your time on the right things?’ Because time is all you have” – **Randy Pausch**

Do your goals consume your time and energy?

"There is no passion to be found playing small – in settling for a life that is less than the one you are capable of living" – **Nelson Mandela**

Have you settled or are you growing in some way?

"Many of life's failures are people who did not realize how close they were to success when they gave up" – **Thomas A. Edison**

Have you abandoned goals that you were close to? Is it worth another go?

"Whatever you are, be a good one" – **Abraham Lincoln**

What are you?!

"The pessimist sees difficulty in every opportunity. The optimist sees the opportunity in every difficulty" – **Winston Churchill**

Which way up do you see things – consider any present difficulties and how there may be opportunities in them!

"Formula for success: rise early, work hard, strike oil" – **J. Paul Getty**

What's your equivalent for striking oil?

"I hated every minute of training, but I said 'Don't quit. Suffer now and live the rest of your life as a champion'" – **Muhammad Ali**

How can you apply this to any struggles you are having in attaining your goals?

"Do not spoil what you have by desiring what you have not; remember that what you now have was once among the things you only hoped for" – **Epicurus**

"It is said that the present is pregnant with the future" – **Voltaire**

What bits of the future can you see in your present situation?

"I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day" – **E.B. White**

What are the distractions you face when pursuing your goals?

"Here is the test to find whether your mission on earth is finished. If you're alive, it isn't" – **Richard Bach**

How can you press on towards your goals today?

"To live is so startling it leaves little time for anything else"
– **Emily Dickinson**

Does life startle you in this way or do you mainly apply your time with focus?

"Life is a great big canvas, and you should throw all the paint on it you can" – **Danny Kaye**

What's the picture you're painting and do you have an idea of how it will look in the end?

"No man lives without jostling and being jostled; in all ways he has to elbow himself through the world, giving and receiving offence"
– **Thomas Carlyle, Sir Walter Scott, in London and Westminster Review, 12 November 1838**

Is it right to be so single-minded that you use elbows in achieving goals?

"Life loves to be taken by the lapel and told: 'I am with you kid. Let's go!'"
– **Maya Angelou**

Are you a pessimist or an optimist? How does this affect your energies for present goals?

"In life we all have an unspeakable secret, an irreversible regret, an unreachable dream and an unforgettable love" – Diego Marchi

Are any of your goals unreachable? If so, is it time for a rethink?

"Today, fill your cup of life with sunshine and laughter" – Dodinsky

What's in your cup these days? How can you fill it today with a bit of sunshine?!

"The philosophy of mine earth can be summed as this: Sunshine creates happiness, and I create myself. Nights are long and life is predominantly good. Wind is refreshing. Tea is wisdom. Do the best you can, and be good to yourself so that you can above all be good to others"

– Jessi Lane Adams

Is this most people's philosophy? Is it yours?

"The tragedy of life is not so much what men suffer, but rather what they miss" – Thomas Carlyle

Are you missing anything, apart from any goals?!

"There is no finish line" – Nike advertisement

Is this a motivating or demotivating thought? Do you have a finishing line?

"How you handle life depends a lot on how you handle plan B, or if you have a plan B" – Nelson DeMille, The General's Daughter, 1992

Do you have a plan B?

"Only a few things are really important" – Marie Dressler

What are the three most important things for you?

"We are like people with short-term leases on summer cottages; we can never seem to make our provisions come out even with our stay"

– Mignon McLaughlin, *The Neurotic's Notebook*, 1960

Are you a good planner or are you running on empty?

"Life's like a novel with the end ripped out"

– Danny Orton and Blair Daly, "Stand"

What's your story line? Do you know where the plot is going?

"If you stop struggling, then you stop life" – Huey Newton

What are the benefits of struggling?

"To drink the sunshine and to dream at night..."

– Author Unknown, "The Fall of Man"

Sounds simple but this simplicity eludes many of us – do your goals keep you awake?

"The goal of life is to make your heartbeat match the beat of the universe, to match your nature with Nature" – Joseph Campbell

What's your heartbeat?

"Live for the roots, Love the green, Dance with the blossoms"

– Terri Guillemets

Do you ever take time to 'dance with the blossom' – how can you do this today?

“Shall I redirect my life’s journey because down some sideroad might be some trifle I’m entitled to?” – Robert Brault

Are there any cul-de-sacs that you need to reverse out of?

“To live is like to love – all reason is against it, and all healthy instinct for it” – Samuel Butler

**Are you ruled by emotion or reason?
What’s the right balance for your life goals?**

*“Every creatures stalks some other, and catches it, and is caught”
– Mignon McLaughlin, The Neurotic’s Notebook, 1960*

**Do you see futility or purpose in life?
And in your goals?**