

CHANGE GOALS

Goals require growth. We set goals because they force us to become the kinds of people we need to be to accomplish the goal. So then if that's the heart of a goal, it follows that we should be deeply considering personal transformation. Who will I become if I accomplish my goals? How will my life change? What changes if I change? What needs to change in my life so that I can change? So I propose a different system for goals : CHANGE GOALS. This acronym breaks down in 6 key categories you'll need to build intentionality around if you are going to be successful in accomplishing your goal; and they are also 6 areas you'll see change in your life if your goal successfully accomplishes a change in you. Goals work on you just as much as you work on your goal. Below are 6 key ways to identify the conditions that will lead to meaningful change.

Consider your **Massively Transformational Goal** or your **High Hard Goal**; in each of the categories, answer the prompts with these goals in mind.

<u>CONTEXT</u>	WHAT CONTEXT (ENVIRONMENT, SURROUNDINGS, PEOPLE-GROUP, CULTURE, TIME-FRAME, ETC.) IS OPTIMAL FOR YOU TO CREATE SUCCESS & REACH YOUR GOAL?	WHAT CONTEXT (ENVIRONMENT, SURROUNDINGS, PEOPLE-GROUP, CULTURE, TIME-FRAME, ETC.) IS DETRIMENTAL TO CREATING SUCCESS OR REACHING YOUR GOALS?
<u>HABITS</u>	WHAT HABITS (COMMITMENTS, BEHAVIOURS, ACTIONS, DISCIPLINES, ETC.) ARE ESSENTIAL FOR YOU TO BUILD OR MAINTAIN TO CREATE SUCCESS & REACH YOUR GOAL?	WHAT HABITS (IMPLESSES, RHYTHMS, ROUTINES, PATTERNS, ETC.) NEED TO BE ADAPTED, CORRECTED, OR TERMINATED BECAUSE THEY ARE KEEPING YOU FROM SUCCEEDING OR REACHING YOUR GOAL?
<u>ATTITUDES</u>	WHAT ATTITUDES (THOUGHTS, PERCEPTIONS, IDEAS, BELIEFS, ETC.) ARE NECESSARY FOR YOU TO DEVELOP, HOLD, AND PROTECT IN ORDER TO CREATE SUCCESS & REACH YOUR GOAL?	WHAT ATTITUDES (THOUGHTS, PERCEPTIONS, IDEAS, BELIEFS, ETC.) ARE HARMFUL OR HINDERING FOR YOU, AND NEED TO BE LET GO, SHIFTED, OR ELIMINATED BECAUSE THEY ARE KEEPING YOU FROM YOUR GOAL?
<u>NORMS</u>	WHAT NORMS (CONCEPTS, WORLDVIEWS, EXPECTATIONS, ROUTINES, CUSTOMS, ETC.) ARE UNIQUE TO PEOPLE WHO ARE CAPABLE OF CREATING SUCCESS OR REACHING A GOAL LIKE YOURS?	WHAT ARE THE NORMS IN YOUR LIFE THAT ARE IN CONFLICT WITH THE NORMS OF THE 'GOAL-ACHIEVER' YOU JUST DESCRIBED? WHAT AREAS OF FRICTION EXIST IN YOUR LIFE THAT MAKE IT HARD TO IMPROVE?
<u>GRATIFIERS</u>	HOW WOULD ACCOMPLISHING YOUR GOAL BE GRATIFYING FOR YOU? HOW DO YOU EXPECT TO FEEL GRATIFIED BY THE PROCESS? HOW WILL YOU FIND GRATIFICATION DAILY IN PURSUING THIS GOAL?	WHAT ARE THE SOURCES OF GRATIFICATION YOU CURRENTLY STRIVE FOR ON A REGULAR BASIS? BE HONEST WITH YOURSELF. DO ANY OF THOSE SOURCES DISTRACT YOU FROM THE GOAL YOU ARE CHASING?
<u>EXPECTATIONS</u>	HOW DO YOU EXPECT TO BE TRANSFORMED BY THIS GOAL? HOW WILL THIS GOAL CREATE CHANGE IN YOUR LIFE AND IN THE LIVES OF THOSE AROUND YOU?	WHAT ARE SOME UNHELPFUL EXPECTATIONS YOU HAVE OF YOURSELF THAT ARE KEEPING YOU FROM TAKING CHANCES, MAKING MISTAKES, LEARNING, GROWING, AND ACHIEVING TRANSFORMATION?