

8 Steps to help create a well formed goal - 1

How to create a Well-formed Goal

Use the questions from all 8 sections as a checklist, to see how well formed your goal is.

01 Have I specified what I want - and not what I don't want?

02 What will I see, feel, hear (smell, taste) when I achieve my goal?

03 Where, when and with whom do I want my goal?

04 Can I start the goal by myself?
Can I maintain this goal by myself?

05 How will I know I am achieving it?
How will I know I have achieved it?

06 What resources (internal and external) do I need to achieve this goal?

07 Are there alternative ways for me to achieve my goal?

08 Is my goal ecological?
My goal will impact my life, relationships and wider environment, have I considered this?

8 Steps to help create a well formed goal - 2

When I achieve my goal it will benefit me and my family as I will be more active and healthy. I will be walking more and using the car less

08

01

I will weigh 75kg by June 1, 2024

I can achieve my goal through healthy eating, regular exercise not and not drinking alcohol

07

An example of a Well-formed Goal

02

I will see myself standing straighter and I will be able to breathe easily when I run. I will feel more energetic.

My goal is to weigh 75kg, by June 1 2024

03

This is a goal for me in relation to my family life - partner and children

I need: willpower and discipline time to shop, prepare and cook time to exercise regularly

06

03

This is a goal for me in relation to my family life - partner and children

I will know I am making progress when I lose weight each month and when my clothes fit without stretching. I will have achieved my goal when I weigh 75kg

05

04

I can start this goal myself and maintain the progress myself

8 Steps to help create a well formed goal - 3

08 Evaluate the impact of achieving the goals is something that you are fine with.
What will you lose or gain when you have it?
And what will and will not happen when you get it?
What will and won't happen if you don't get it?

08

01

01 State the goal in positive terms. It has to be something that you want (and not something that you don't want)

07 Establish more than one way of achieving your goal.
All methods must remain under your control.

07

02

02 Engage all your senses (visual, auditory, kinesthetic, smell and taste)

06 What resources do you have now?
What resources do you need to acquire?
How will you acquire the resources you need?

06

03

03 Where, when and with whom do you want it?
Where, when and with whom do you not want it?

05 How will you know you are achieving it?
How will you know that you have achieved it?
Ask these for all the major milestones and your ultimate goal.

05

04

04 Make sure that your goal is under your control and you are not dependent upon others to start and maintain it.

How to create a Well-formed Goal

Additional questions to ask yourself to help create the most compelling and well-formed goal possible