

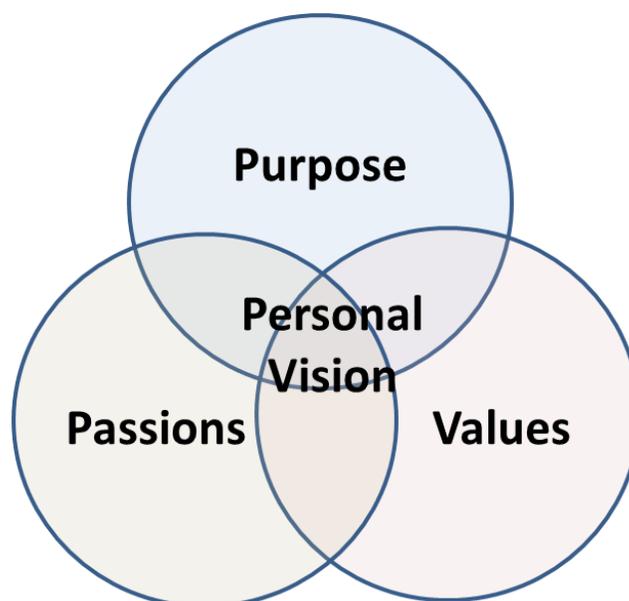
Setting Goals in Alignment with Your Personal Vision

The **best** way to predict the future is to
create it!



This method of setting goals is based on the power of **who you want to be**, rather than what you want to be or what you want or need to do. Creating a personal vision provides an emotional anchor for your goals versus 'just one more thing I have to do.'

A personal vision is created by reflecting on your passions, values and purpose. The intersection of the three is your personal vision.



1. Passions

- Things that I love to do and make me happy.
- Things that I do that come easily to me.
- Things that people tell me I'm good at.

Things that I love to do and make me happy:

Things that I do that come easily to me:

Things that people tell me I'm good at:

Passion themes (what are the commonalities/themes of the above?)

2. Values

The more your life aligns with your core values, the better you are to discover your purpose.

- What are the things that are most important to you?
- Circle the values that best resonate with you. If you have a value that is missing from the list, please add it.
- Narrow it down to 5 – 7.



<http://intentionalife coaching.com/wp-content/uploads/2013/08/100-values-list.jpg>

My top values are:

3. Purpose

My contribution to the world is:

Examples: *Inspiring leaders, their companies and teams to perform better, grow faster and achieve more.*
Providing my family with a comfortable life filled with opportunity.
Saving people who are in danger.

4. Personal Vision

- Is my ideal future
- Is my ideal self in multiple contexts
- What motivates me
- Experiences I want to have
- Includes purpose or calling

I want to be: _____

I want to experience: _____

I want to feel: _____

Key elements of my personal vision are:

SMART Goal Template

Initial Goal:

- 1 **Specific.** What will the goal accomplish? How and why will it be accomplished? For whom are you doing this?

- 2 **Measurable.** How will you measure whether or not the goal has been reached (list at least two indicators)?

- 3 **Achievable.** Is it possible? Have others done it successfully? Do you have the necessary knowledge, skills, abilities, and resources to accomplish the goal? Will meeting the goal challenge you without defeating you?

- 4 **Relevant.** What is the reason, purpose, or benefit of accomplishing the goal? What is the result (not activities leading up to the result) of the goal?

- 5 **Time-based.** What is the established completion date and does that completion date create a practical sense of urgency?

Revised Goal (based on reflection of the above).



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Inspiring and supporting leaders, their companies, and teams to perform better, grow faster and achieve more.

Dr. Wilma Slenders is an executive leadership coach, consultant, senior advisor, and speaker to some of the most successful leaders and organizations across North America. With a proven record of success in helping leaders transform themselves and their organizations, she challenges leaders to break through the status quo to transcend to higher levels of performance. Recognized by clients for her pragmatic, business results focus, she asks provocative questions challenging her clients' perspectives, leading to new possibilities and opportunities.

Wilma is the founder and owner of Transcend Management Advisors Inc., an almost 23 year-old firm that inspires and supports successful individuals and organizations 'perform better, grow faster and achieve more.' She has a PhD in Leadership, a Master's in International Business, and is a global leader with the International Coach Federation.

Wilma's passion is inspiring and supporting leaders to live up to their potential and be who they want to be, both personally and professionally.

Her clients include leaders and companies in the energy, manufacturing, construction, telecommunications, technology, professional services, and financial services sector, among others.