



Getting The Future You Want

Quick Action Plan For Setting Goals In The Area of Self-Leadership

Using This Guide (Print it out or Edit the document itself)

1. Answer each question.

In italics is a transparent example of one of my personal self-leadership goals.

There are four areas of Self-Leadership this guide will focus on:

1. Spiritual
2. Emotional
3. Physical
4. Character

Leading yourself to a better you, will set you up to lead others to their better futures.

A couple quick notes about setting goals. (Or, if you are in a hurry, skip to page two to get started.)

Make sure you are setting goals and not desires. A Desire requires the decision of one or more people beside you for success. For example, I can't set a goal to increase the number of people signing up to my email list to 8 per day. For this to happen, at least 8 people have to make a decision I can't force them to make.

Instead, I can have 8 new signups per day as my desire. A goal would be to deliver three pieces of quality content per week. I could also have a goal to check that I'm using best practices for email address signups once per quarter. Finally, I could set a savings goal to set aside enough money per month to afford to hire the best consultant in the industry in 12 months from now.

Pray and ask God to guide you in this exercise. If you don't feel like you are ready, calendar yourself a reminder to get back to this, and spend time in prayer between now and then.

Remember: Desires require the decision of others.
Goals require only you.

Goals should also be **S.M.A.R.T.**

Specific
Measurable
Actionable
Realistic
Timely

I have a more detailed post about goal setting here:

<http://www.ericdingler.com/avoid-the-biggest-mistake-in-setting-goals/#.U-FEcJEwuVo>

Finally, goals should be in writing; hence, this guide.

If you get stuck or would like a free life-coaching consultation on your goals, email them to me at eric@ericdingler.com with Goal Coaching in the subject line.

Best of luck setting (and keeping) your new goals.

Eric Dingler

<http://www.ericdingler.com/>



Spiritual

1. What is a priority or desire to you in regards to your spiritual health?

I want to grow in my knowledge of God's word so my thoughts turn quicker to God's Will, so I'm more aware of the Spirit's guidance and to increase my ability to witness the Love of Jesus Christ. I want to become more wise.

2. Why do you want to achieve this?

Because I know when you see as God sees, you'll do as God says.

3. When do you want to achieve this by? Or, what timeframe do you want to keep this a priority?

For life, but specifically for now; 5 Years

4. What is a regular action you can take to achieve this?

Do a focused book study on each Book of the Bible.

5. How often do you want to do this action? Quarterly, Monthly, Weekly, Daily?

Daily

6. Now, write a specific goal you'll do to achieve your priority or desire listed in number 1.

I will study at least 1.5 books of the Bible per month. I will do this by spending time every morning following a different devotional plan found in the [YouVersion](#) app on my iPad or using a resource I trust such as a book study by [Max Lucado](#).

7. Accountability System i.e. Tell a friend, add a reminder to your calendar or task management system.

I've added a recurring task to [Nozbe](#) (This is my tested and preferred task management system).

8. Next Action Step

Begin reading tomorrow morning.

Emotional



1. What is a priority or desire to you in regards to your emotional health?

I'd like to stop reading a negative tone in so many emails and text messages. To often, I assume someone is being negative or they are upset with me when I read their emails.

2. Why do you want to achieve this?

I know it's not true. I think this keeps me from be confident (and timely) in my replies.

3. When do you want to achieve this by? Or, what timeframe do you want to keep this a priority?

As soon as possible. I'll say, 12 months.

4. What is a regular action you can take to achieve this?

Read a statement reaffirming myself as accepted and significant to God. If I'm confused or not sure of the tone in someone's email. I can ask or call them if I have their phone number.

5. How often do you want to do this action? Quarterly, Monthly, Weekly, Daily?

Read the affirmation statement weekly. Contact someone for clarification every time I need to.

6. Now, write a specific goal you'll do to achieve your priority or desire listed in number 1.

I will read this every Monday morning: Eric, according to God's word I am a saint and citizen of Heaven. Jesus died to set me free from condemnation. People aren't upset with me. People will and do trust and like me. I need to show Corinthians Love; be patient, kind, gentle, keep no record of wrong, don't envy or boast.

7. Accountability System i.e. Tell a friend, add a reminder to your calendar or task management system.

I've added a recurring task to [Nozbe](#) (This is my tested and preferred task management system).

8. Next Action Step

Make a phone call when I next need to. Read the statement when it comes up in my Nozbe Next Action Step list.



Physical

1. What is a priority or desire to you in regards to your physical health?

If my kids (current both under 4) want to go on a week long backpacking trip I want to be able to go.

2. Why do you want to achieve this?

I never want to say "no" to my kids about doing something because I'm fat and out-of-shape.

3. When do you want to achieve this by? Or, what timeframe do you want to keep this a priority?

I want to be in the best physical shape of my life when I turn 40 on April 28th 2015.

4. What is a regular action you can take to achieve this?

Working out.

5. How often do you want to do this action? Quarterly, Monthly, Weekly, Daily?

4 to 5 days per week.

6. Now, write a specific goal you'll do to achieve your priority or desire listed in number 1.

I will run the [Hot Chocolate 15K](#) on November 16th. I will continue to train 3 days per week using the [0 to 10K app](#). I will continue to use the [PrayFit](#) workout plan. I will continue to follow Weight Watchers.

7. Accountability System i.e. Tell a friend, add a reminder to your calendar or task management system.

My wife and I are doing this together. We have the same goal. My reminders are in [Nozbe](#)

8. Next Action Step

Celebrate when I get badges in the 0 to 10K app. Celebrate with a small treat. Extra Chips and Salsa while watching one of my favorite episodes of West Wing.

Character

MICHAEL JOSEPHSON

PEOPLE OF CHARACTER

DO THE RIGHT THING EVEN IF NO ONE ELSE DOES, NOT BECAUSE THEY THINK IT WILL CHANGE THE WORLD BUT BECAUSE THEY REFUSE TO BE CHANGED BY THE WORLD.

InspirationBoost.com

1. What is a priority or desire to you in regards to your character health?

I want to stop lying in every and all situations. Even when telling a lie is easier or safer.

2. Why do you want to achieve this?

Honesty is the foundation to a healthy character.

3. When do you want to achieve this by? Or, what timeframe do you want to keep this a priority?

Immediately. I'll give myself 6 months.

4. What is a regular action you can take to achieve this?

Read the [RoundTable](#) on Honesty

5. How often do you want to do this action? Quarterly, Monthly, Weekly, Daily?

Weekly

6. Now, write a specific goal you'll do to achieve your priority or desire listed in number 1.

I will not be a person who lies, even when it's easier. I will read the RoundTable on honesty every Thursday morning. I will continue to pray about this daily. In Christ I will have victory over this.

7. Accountability System i.e. Tell a friend, add a reminder to your calendar or task management system.

I've added a recurring task to [Nozbe](#) (This is my tested and preferred task management system).

8. Next Action Step

Look for a devotional on honesty and lying in YouVersion.

Additional Goal Setting Guides Available

Quick Action Guide For Setting Family Leadership Goals

Quick Action Guide For Setting Workplace Leadership Goals

Quick Action Guide For Setting Community Leadership Goals

Each additional guide is \$2.99 per guide or all 3 for \$7.

To order, email eric@ericdingler.com and let me know which guide you would like. We will email you a PayPal invoice that you can use to pay for the guide and then access it electronically.

Thanks,

Eric Dingler

