

# THE HOW TO GUIDE TO RESET

GOAL SETTING BEST PRACTICES

GOALS



RIPPLE

TRAINING & DEVELOPMENT

TRAINING YOUR PEOPLE BECAUSE IT COSTS  
LESS TO RETAIN PEOPLE THAN GAIN PEOPLE

LET'S HAVE A CHAT KAYLEEN 027 647 5000



# INTRODUCTION

January is a great time to Reflect, Refresh and Reset; not because it is a magic month but because it symbolises new beginnings for many of us.

**Goal setting forms the reset component of these 3Rs.**

But only 3% of us set goals and only 8% of that 3% achieve them.

If you are in the 97% who don't set goals I hope you will reconsider and that this quick eBook motivates you and provides you with a winning Goal Setting structure that will spearhead your journey through 2023.

# CHAPTER 1

There are 2 main trains of thought around Goal Setting.

1. Goals enable us to imagine an objective and create a pathway to it.
2. Goals are limiting and quash true potential.

**I suggest there is a 3rd train of thought.**

3. Realistic goals gives us something desirable to strive for that with planning and intention are achievable and that once a goal is achieved it then provides us with a new point of reference, a place to

# CHAPTER 1

reassess our position, consider our options and decide whether to rest there (there is nothing wrong with being content even happy in the present), or move sideways, or forward.

At this point if we choose to move sideways or forward we have the opportunity to set a new goal which may also dictate that we reassess other goals including ones we might already have in play.

# CHAPTER 2

If you agree and subscribe to thought #3 in Chapter 1 there are 4 key best practices to creating a winning goal setting experience.

**1. Apply the 7 Pillars, S.M.A.R.T.E.R. and the 7Cs.**  
Find a guide to these [HERE](#).

These applications will enable you to plan and strategise making you 42% more likely to achieve your goals.

**2. Break down each goal into specific, regular, achievable steps and processes.**

## CHAPTER 2

Doing this will lead you towards each goal until it is achieved.

One of the biggest mistakes we make with goal setting is setting them and stopping there.

### **3. Make habits of each of these steps and processes before progressing to the next one.**

A habit will enable you to perform the steps and processes automatically freeing you up to fully focus on the next ones.

# CHAPTER 3

## 4. Understand your accountability personality.

Some of us prefer and can hold ourselves accountable and others prefer to feel accountable to someone else.

If you need an accountability buddy to achieve your goals seek one out now to set yourself up for success.

# WOULD YOU LIKE HELP?

We are always here to help.

RIPPLE

TRAINING & DEVELOPMENT

KAYLEEN MARTIN

027 647 5000

kayleen@ripple.net.nz

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[www.ripple.net.nz](http://www.ripple.net.nz)