

# **Goal Map Outline**

When creating goals, it is important to remember to keep in mind that YOU are in control of your life. Your daily choices, actions, and efforts are what determine your success. To improve from failure is what molds you to further succeed.

Each part of your life should have goals, because you should want each part of your life to meet full potential. So as you create goals, it is important to first brainstorm all of the things you would like to improve in your life, then prioritizing them will be easier because you can directly see everything in your life at once.

## **\*\* BRAINSTORM ALERT\*\***

Rules for a brainstorm:

- It must be a timed event, lasting a predetermined amount of time using a timer.
- There has to be a purpose or a goal for the storm
- There has to be a storm mediator that starts, manages, and finishes the storm.
- There are **NO BAD IDEAS**
- Everything must be written down
- Must discuss the results - eliminate impossibles
- Organize to formulate an action plan

Brainstorm notes:

## **Organize your goals**

After brainstorming, decide which ideas are impossible for the current situation, and cross them out. then list all of the doable goals in a more legible space. Each goal that you decide is important would get its own full page action plan. The next page is a sample template for organizing each of your goals into an action plan:

## **Action Plan**

What is your long term goal:

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Describe 3 short term goals to help you reach your long term goal.

1. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### **Know the haters!**

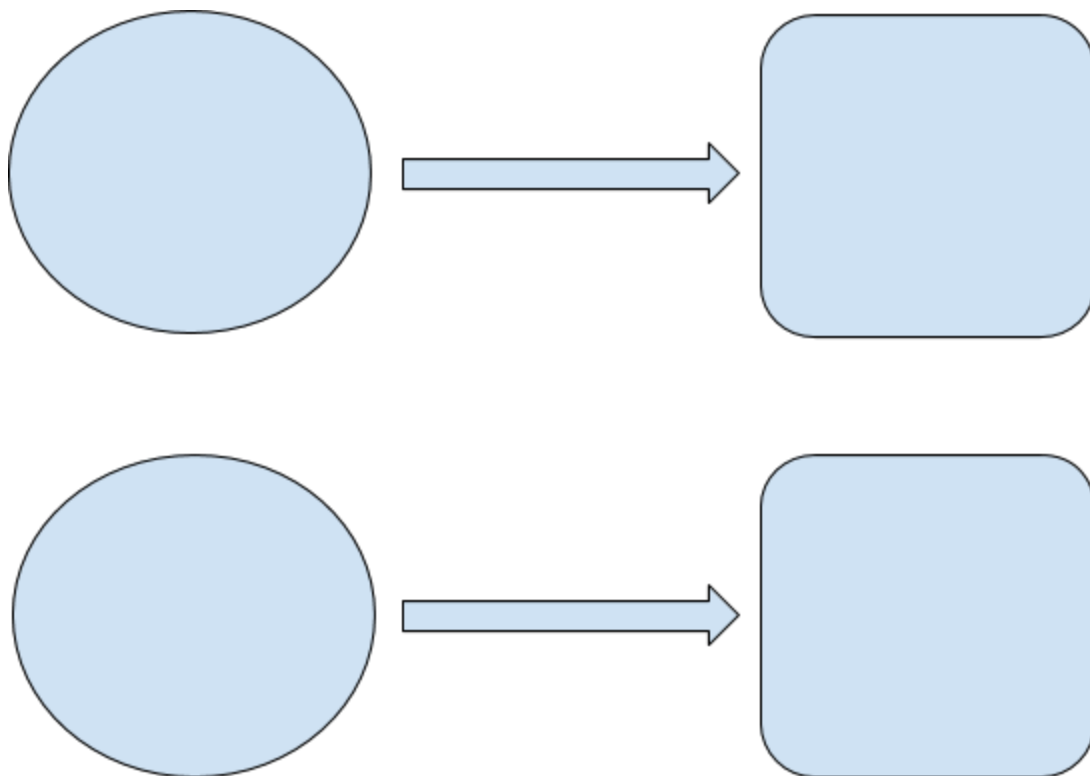
Identify factors that can get in the way of your goals, and put them in the box below:

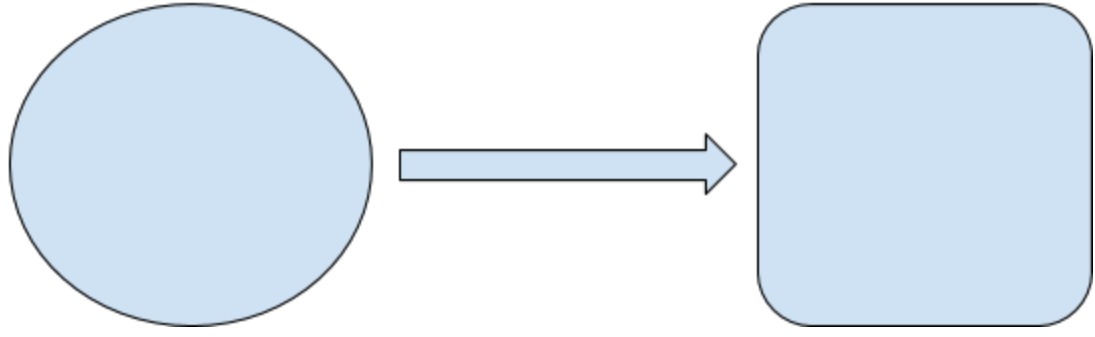
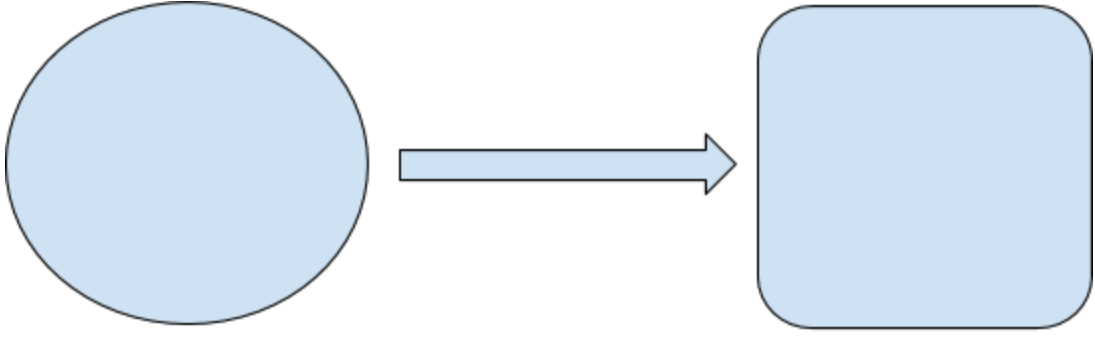
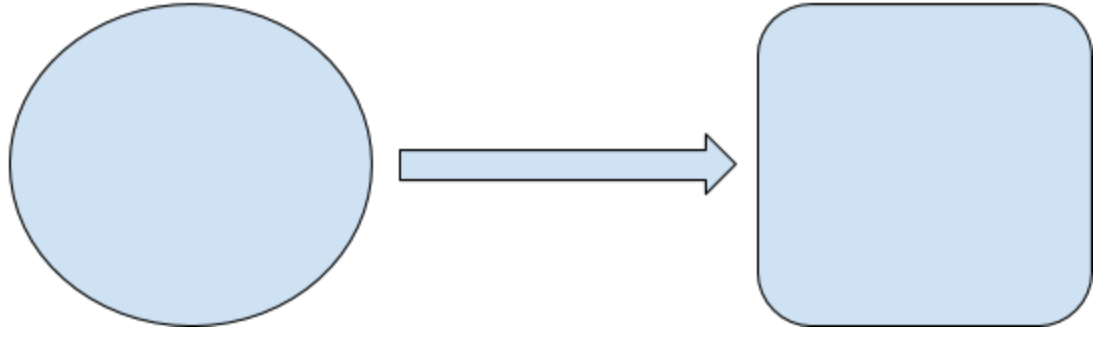
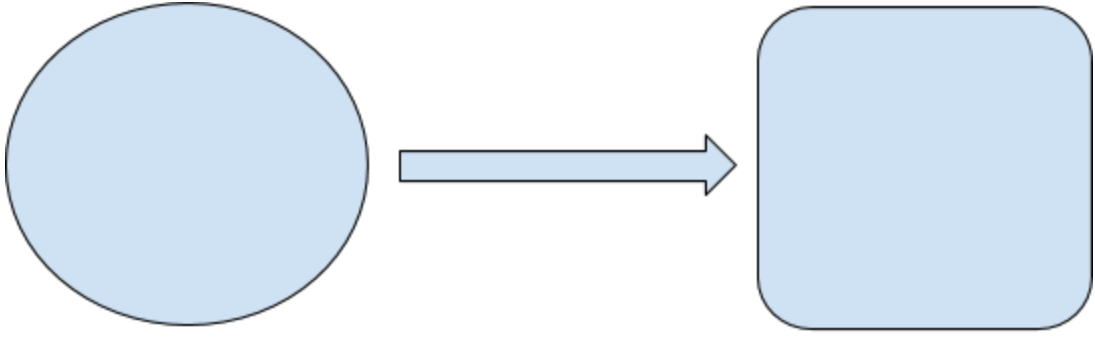
Its is important to know these risk factors for failure. Being proactive means finding ways to plan ahead to avoid all of these risks for failure. After you identify your risk factors, list direct and specific ways to make a change towards success.

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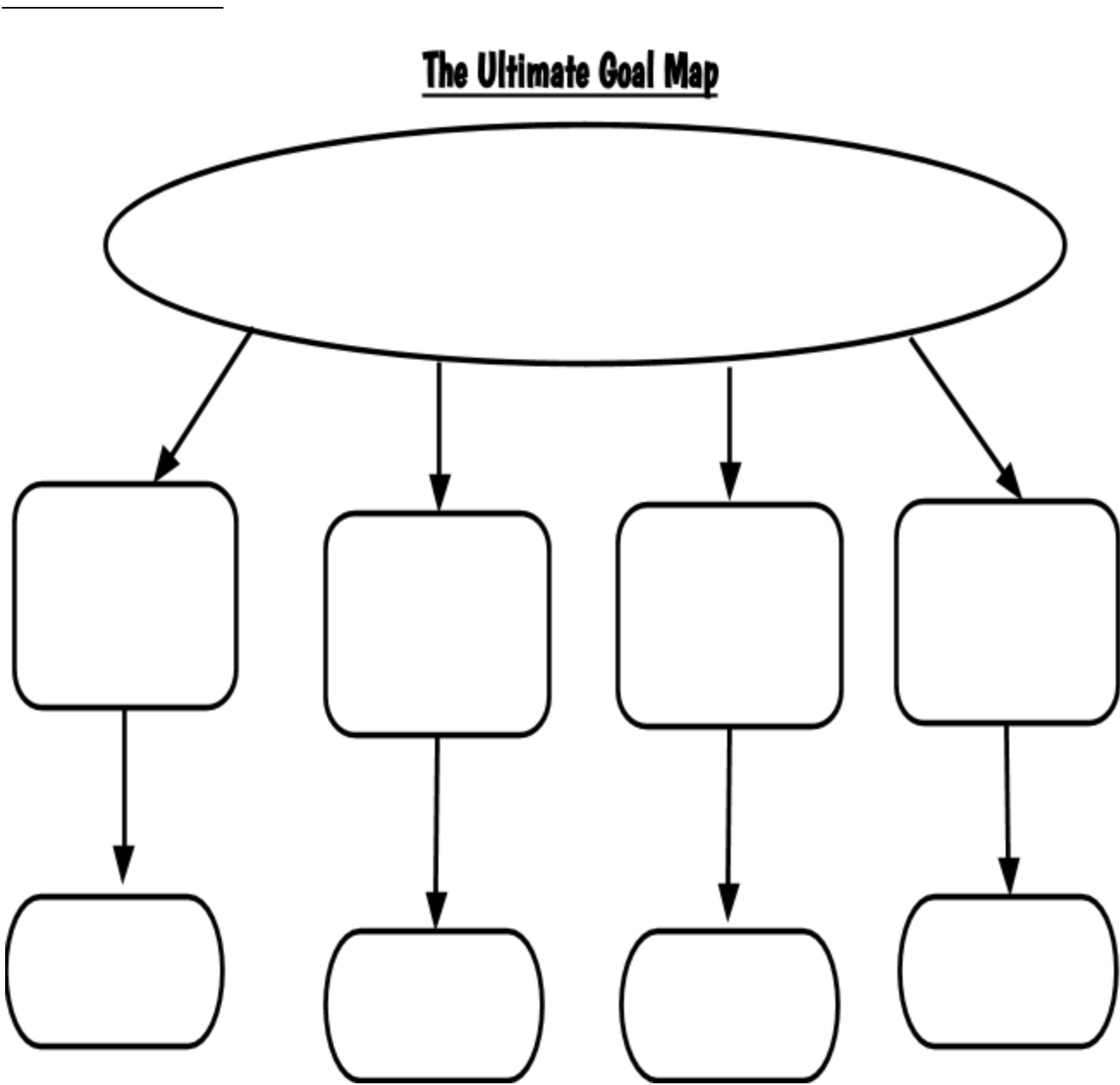
Identifying risks and organizing ways to overcome them will help to prepare you for success with every goal throughout your life. "What's the only way to eat a whale? ... \_\_\_\_\_ time. So if you take that approach and apply it to any goal, regardless the size, it will become just another doable task, that has steps to complete, one step at a time.

In each circle, write down a risk factor that you need to avoid. On each arrow, write what you can do to be proactive. In each square, write the desired change or outcome.





Once you've identified the risk factors for failure, and you now have a proactive plan to meeting your goals, then it's time to create your goal map. The top space on the map is where you put your ultimate goal for yourself. Each of these important goals should have its own goal map, however some goals are more closely related than you may think. Utilize this template to distinguish whether or not some goals are actually steps towards accomplishing each other, or separate ultimate goals in themselves, not having much effect on each other:



## **Now Get Organized!!**

The next step is taking each goal map and keeping it in a place that is easy and manageable for you to continue to reflect on your goals. Self reflection sounds really corny... but it works. It is the factor that separates most people from greatness. No one likes to judge themselves and truly face whether what they've done is good or bad, beneficial or hurtful. However, this is a crucial element to finding success from failure. So every time you fail at something or it doesn't turn out the way you planned, just take out your goal maps and shift your focus to a new goal. Or take out the goal you failed at and rethink the action plan and try again. This is also known as "going back to the drawing board..." meaning going back to the basics of the planning process.

## **BEWARE !!**

Don't fall into unrealistic goal setting! There is a difference between dreaming and planning. Once you take it to this level of planning and setting actual goals for yourself, it is extremely important you don't set yourself up for failure with unrealistic goals. This happens most commonly with personal weight loss goals. People will set their goals too high too fast and then the work becomes too difficult and their confidence decreases from constant negative energy from failing, and suddenly their efforts of diet and exercise are gone. .

## **Stay Motivated!!**

Regardless of who or what you have in your life, the only one that will ever care as much as you do about your goals is yourself. The best thing you can do for yourself is stay motivated using whatever techniques needed to succeed. Goal maps are a great way to find motivation on a daily basis because once it is written, it can't be taken back. It creates more accountability for getting the work done because it is in your face. Try to find ways to motivate yourself and others in your life on a daily basis to accomplish one goal at a time.

Here are some resources for motivation that have helped in the past:

Live Your Dreams - <https://www.youtube.com/watch?v=KIUMrzwmbyo>

Mentor Opportunities - <http://www.sonj.org>

10 Rules for Success -

<https://www.youtube.com/watch?v=5zEJGsvXhxg&scrlybrkr=860fb3aa>

Visit [www.mentoracademynj.org](http://www.mentoracademynj.org) for other resources and outlets for mentoring in NJ.