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Goal Setting Questions

What do you think of when you hear the word goals? Have you been putting off setting goals because it seems overwhelming? Setting goals is easy when you break it down into steps and ask yourself some important questions. Use these questions in conjunction with the Anatomy of a Goal worksheet to get you started.

1. What

- Specifically define your “what” (As in what do you want?)
- Determine what will define success regarding your what (how will you know when you have it?)
- Measure your progress often (hourly, daily, weekly, monthly, quarterly or annually)
- Set regular, reasonable, challenging timelines for achievement
- Self-check your direction towards accomplishment ALL THE TIME!!!

2. Why

- The “why” is your fuel for the quest for your what... this is your gas.
- The “why” always precedes the “what”
- The “why” is always more important than the “what”
- Always have a minimum of 3 positive motivating ‘why’s’, for every “what”

3. How

- Action steps that you absolutely commit to following
- Mini- goals that you set to make sure you are on track
- Identify any support or accountability you will need and from whom
- How will I reward myself for my progress with this goal?