



## Seven Steps to Acquiring Your Goals, by Dr. Phil

Successfully executing any personal strategic plan for change requires that as you develop your plan, you effectively incorporate these seven steps for attaining each and every goal.

1

**Express your goal in terms of specific events or behaviors.** When a goal is broken down into steps, it can be managed and pursued much more directly. "Being happy," for example, is neither an event nor a behavior. When you set out to identify a goal, define what you want in clear and specific terms.

2

**Express your goal in terms that can be measured.** How else will you be able to determine your level of progress, or even know when you have successfully arrived at where you wanted to be? For instance, how much money do you aspire to make?

3

**Assign a timeline to your goal.** The deadline you've created fosters a sense of urgency or purpose, which motivates and prevents procrastination.

4

**Choose a goal you can control.** In identifying your goal, rather than just dreaming, strive for what you can create, not for what you can't.

5

**Plan and program a strategy that will get you to your goal.** Pursuing a goal seriously requires that you realistically assess the obstacles and resources involved. Then you create a strategy for navigating that reality. Your environment, your schedule and your accountability must be programmed in such a way that all three support you.

6

**Define your goal in terms of steps.** Major life changes don't just happen; they happen one step at a time. Steady progress, through well-chosen, realistic, interval steps, produces results in the end. Know what those steps are before you set out.

7

**Create accountability for your progress toward your goal.** Without accountability, people are apt to con themselves. If you know precisely what you want, when you want it by — and there are real consequences for not doing the assigned work — you are much more likely to continue in your pursuit of your goal. Find someone in your circle of family or friends to whom you can be accountable.