

Exercise sheet for chapter 8: Achieve your goals with the goal pyramid

Set behavioral goals: Identify three specific behaviors that will bring you closer to your desires and dreams. Formulate an if-then plan for each behavior to ensure that you implement the behavioral goals in everyday life. Examples: "When I get up, I'll do my yoga exercises first." or "Monday, Wednesday and Friday at 6 pm, I'll spend 30 minutes each day writing in my success journal what I've learned that day."

Formulate outcome goals: Create two SMART goals for the next week that are specific, measurable, attractive, realistic and time-bound. Example: "I will create a plan within this week that contains my goals on all three goal levels, including conflicts and problems with implementation and possible solutions."

Reflect on your role goals: Answer the following questions to gain clarity about your role goals: What new things have I learned in the last few months? Does this change my world view and my desired roles? What level 2 outcomes should I aim for? Which competencies at level 1 help me to implement goal-oriented behavior?

Review progress regularly: Set yourself weekly deadlines to review your progress on all three levels of the goal pyramid. Make a note of which behaviors you have been able to implement and which results you have achieved. Think about which roles you have come closer to and where you need to make adjustments.

Self-reflection on your goals: Ask yourself the following questions to set your goals at the right level: Who do I want to become? Am I authentic in the role or do I feel like an impostor? What do I need to do to achieve my outcome goals?

If my team and I can support you, get in touch for a free introductory call and experience, what we can do for you:

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