

- # Benefits of Goal Setting
- Make you aware of your weaknesses so you can begin to improve them and make them into strengths
 - Makes you responsible for your own success or failures
 - Define real life actions -- separates it from just wishful thinking
 - Serve as a guide in making decisions
 - Forces you to set priorities, therefore helping you to limit getting involved in distracting things
 - Make you aware of your own strengths
 - Give you a "track to run on" - a path to follow, so you know where you are going
 - Improve your self-image
 - Help you to visualize and plan actions to achieve what you want -- then carry it out
 - Give you a sense of past victories of goals accomplished and motivation to succeed in current goals



Excuses for Not Setting Goals

Fear of Losing

Many people do not set goals because they are afraid they will be criticized for not reaching them.

Predictability

Many people feel threatened by change and resist goal setting because it may be uncomfortable to try something new or different.

Fear of Winning

Odd as it may seem, some people do not set goals because they cannot image themselves being capable of handling the new behavior or success.

Belief in Miracles

Many people sit back and wait for miracles instead of setting goals and taking action to accomplish them.

Time Constraints

Many people think it takes too much time to set goals...think of the wasted time when you are "out in left field" doing things unrelated to your real purpose!

Conditioning

Many people are conditioned so that after they have done something a certain way, it becomes a habit.