
THE VALUES OF GOAL-SETTING



1. Goals add a sense of value. They demand that you reflect on your values and that you look at yourself in relation to your expectations.
2. Goals help you to concentrate. Once you really decide that you are going to reach a goal, you can see, hear, and think of more possibilities of reaching it than you ever dreamed possible.
3. Goals add self-respect. There is an intense self-satisfaction and self-confirmation in reaching a goal that you have committed yourself to accomplishing.
4. Goals create a sense of purpose and anticipation in life. It's easy to stay enthusiastic about something that's really important to you.
5. Goals help you to make good decisions. It is easier to decide on a course of action if you know what you are trying to accomplish.
6. Goals save time. If you have clear goals, you are less likely to become involved and pre-occupied with irrelevant activities.
7. Goals are great confidence-builders. When you know where you want to go and how you plan to get there, you are more confident in your ability.
8. Goals reduce conflict. There is real security in knowing what you want to accomplish and how you plan to accomplish it.