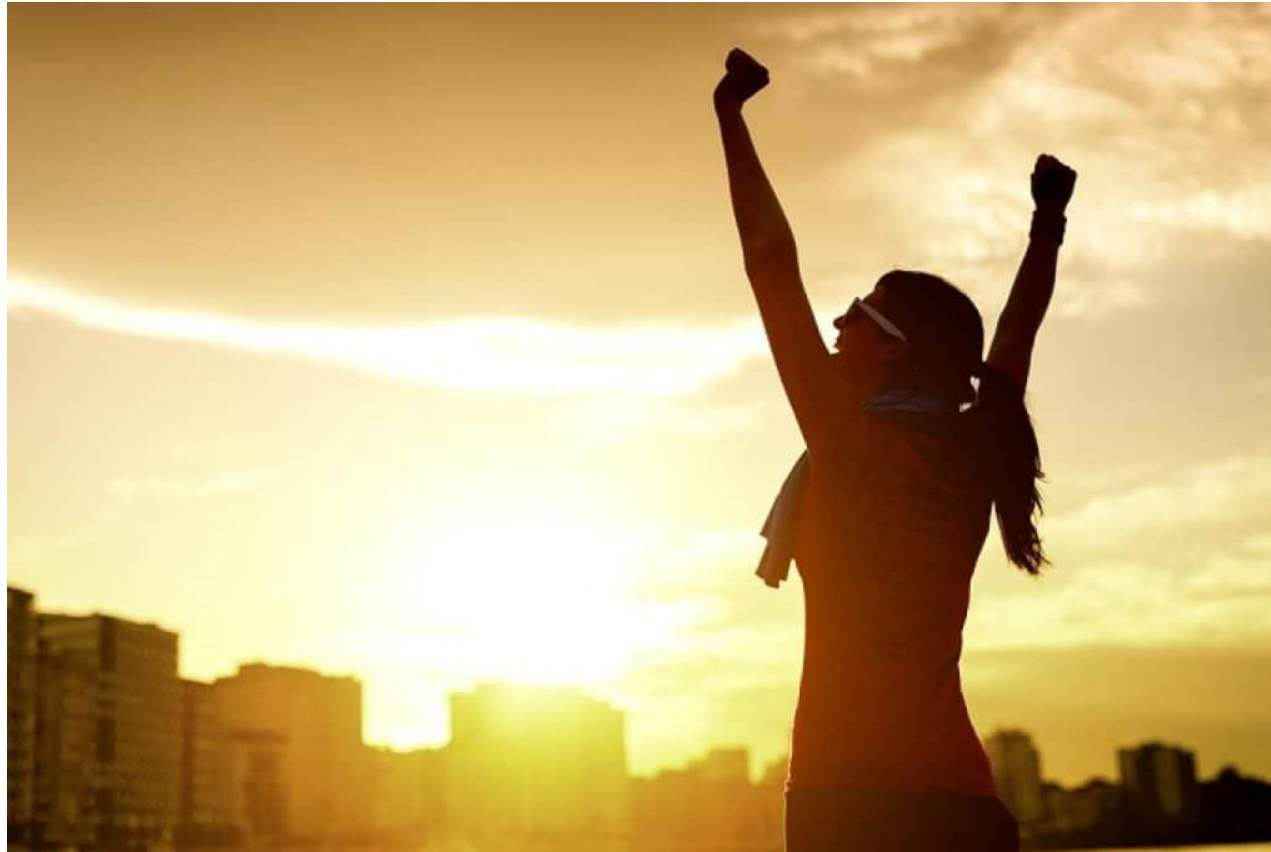


Paving the Way for Successful Goal Setting

Workshop

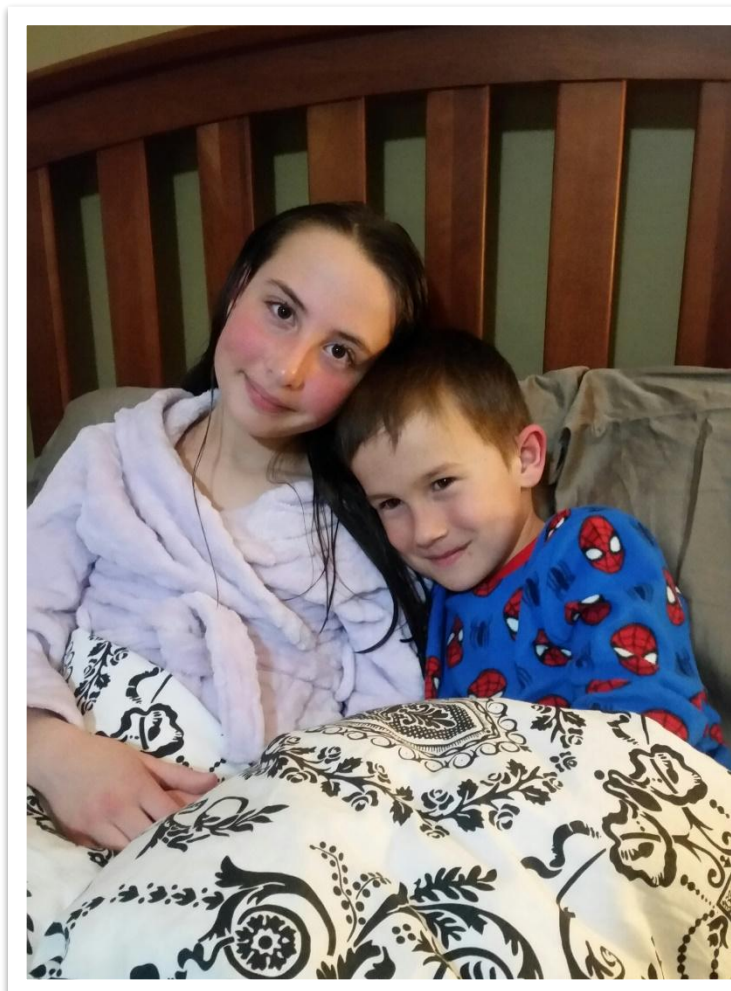


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**Something I'm super passionate about
is....**

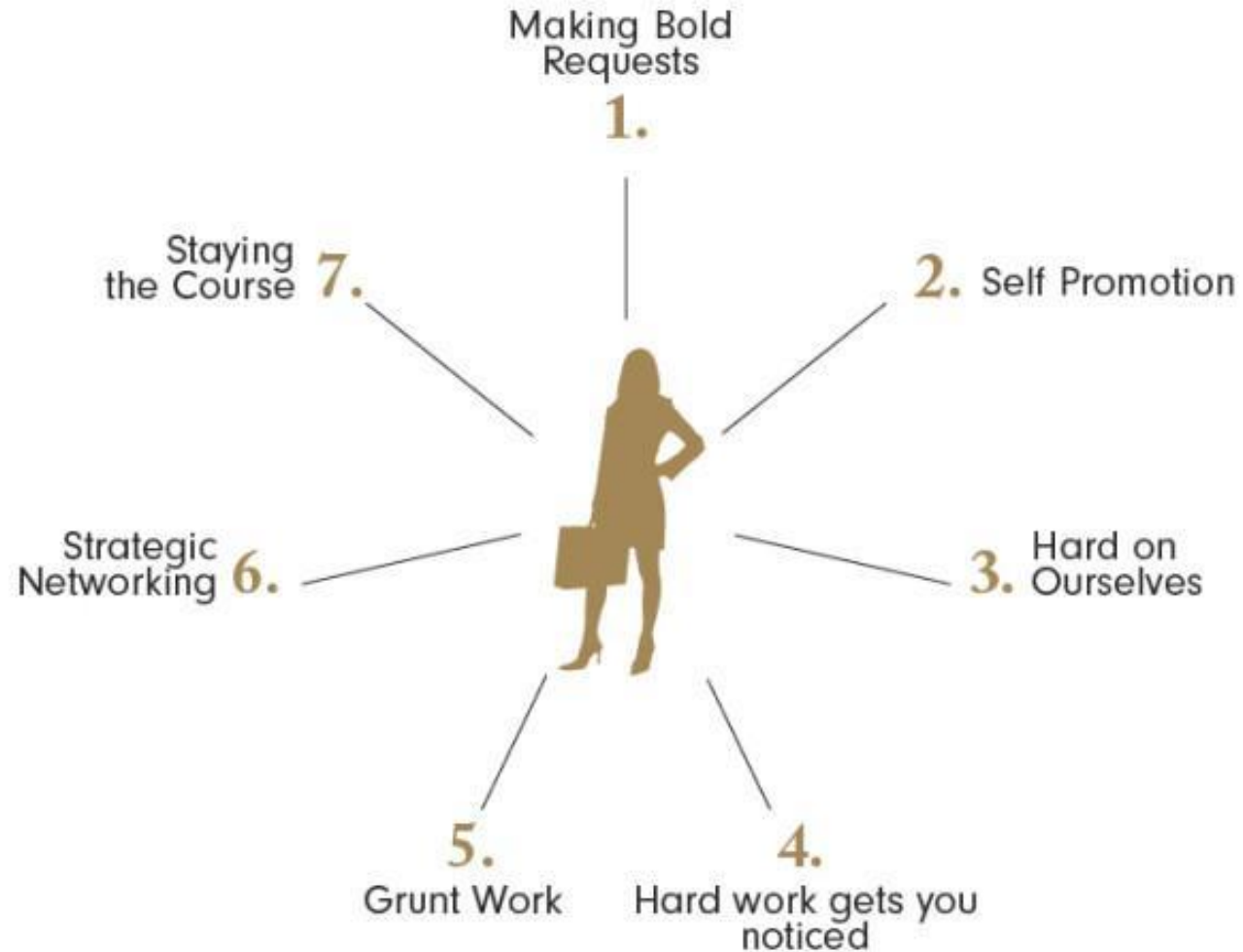
Limiting Stories



Transformative Change

- Where in your life are you playing it safe or operating in service of maintaining the status quo?
- What would it take for you to truly live in alignment with your values and the fullest expression of your vision?
- What would be a radical action – a rebellion against the status quo?

7 Pitfalls of Women's Advancement



Source: Women of Influence – Interview with 2,000 female executives globally

Personal & Professional Barriers



Core Values are the fundamental beliefs of a person or organization. These **guiding principles** dictate behavior and can help people understand the difference between right and wrong. They also help companies to determine if they are on the right path and fulfilling their goals by creating an unwavering guide.



- Who are your role models – what qualities do you admire in them?
- What is most important to you in your work?
- When do you feel most connected and fulfilled?
- What are three things you would like to be remembered for when you die?
- What behaviours drive you crazy in others?



- Make a List of Your Top Ten Values
- Prioritize the list
- Write the definition of that value for you
- Keep these values front and centre
- These become your guiding principles

Connecting to Purpose Guided Visualization



The 'One Year from Now' Exercise

- **Your Work** – What job will you be doing? Where will you be working? What are you doing differently at work?
- **Your Home** – Are you hoping to save up to buy a place? Are there some home improvements in your current place you've been putting off?
- **Your Finances** – Do you have some debts you want to pay off, once and for all? Are you saving for something in particular? Do you want to get on top of your retirement plans?
- **Your Relationships** – Do you have strong relationships at work? How much value do your close friendships bring? Do you need to work more on connecting with people?
- **Yourself** – How do you want to feel about yourself one year from now? Mentally, physically, socially, personally? What does that look and feel like?

Where
the magic
happens

...

Your
Comfort
Zone



Set SMART Goals

S

Specific

Your goal should be clear, detailed, and directly related to your desired outcome.

M

Measurable

You should be able to tell exactly how close you are to achieving your goal and when you've crushed it.

A

Achievable

While you should aim high, you also want to set goals that you have a realistic chance of achieving.

R

Relevant

Your goal should relate directly to your larger priorities and dreams for your life as a whole.

T

Time-Bound

Every goal needs a clear and specific timeline for completion. Without a target date, it's just a dream.

The Science of Goal Setting

- **Commit to Action.** It's not just about writing down a goal but also setting concrete action commitments.
- **Accountability to Peers.** Following up with concrete goal planning and action commitment by enlisting another person.
- **Regular Updates.** Updating accountability person on a weekly basis keeps you focused on your progress.

Source: Research Study from Dr. Gail Matthews at Dominican University of California

GOALS



The Power of Choice

What are you saying **YES** to and
what are you saying **NO** to?

HELLO

I AM...

ACCOUNTABLE

It takes a lot of courage





Self-Compassion



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