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Quick Start Your Goals

*A guide to planning,
organizing and
achieving great things!*

*“What you get by
achieving your goals
is not as important
as what you
become by achieving
your goals.”*

*– Henry David
Thoreau*

Tackling a long term goal is no easy feat. It takes time, clarity and resilience to make lasting changes in your life. This quick guide will help with a few of the first steps. The rest is up to you!

1. Rooted in Reason

First, let's start with your vision. A strong sense of purpose motivates when the road becomes rocky. If you know why something matters, you are more likely to stick with it.

Think *big picture* when you set your intentions. What will be the outcome of this goal? How will it improve your lifestyle? Will this help family and friends? How will this impact your community?

If you want to write a book, what will be the lasting effects on your life? If you want to earn more money in a different career, what will make that meaningful in your life? You know the **what**, now focus on the **why**.

Take a moment and decide what makes this project important to you. *Be specific.* This will help on those days when it's hard to stay motivated:

What: *What are you trying to achieve? What is the goal?*

Why: *Why does this matter to you? What is the big picture?*

Who: *Who in your life will this help?*



Start Making Moves

2. Map out Your Path

Now that you know what you want, and why you want it, you can start working towards a road map.

Imagine your goal as a long road trip. You can't just drive straight across the country, you have to take preexisting roads, follow traffic signs and rest for the night.

For example, if you are starting a business, this will include a license, a storefront and a plan for taxes. No step should be excluded, but know that you will find new things you didn't realize you needed to include once you begin!

Use this rough map or start on a blank page! Later, you will break these down into lists.



