8 QUESTIONS TO HELP YOU SET MEANINGFUL GOALS

We all have goals - some big, some small. These goals give direction to our lives and ensure we stay motivated and focused. And when you achieve these goals, the sense of satisfaction you get, feels pretty fulfilling, right?

But what if you have multiple goals in mind and need help knowing where to begin?

Here's a short activity to help you with that!

GOALS!

Write down a list of goals you want to accomplish in the space given below. These goals can be for any aspect of your life, such as, professional, financial, fitness, mental health, academic, and more.

_____

_____

_____

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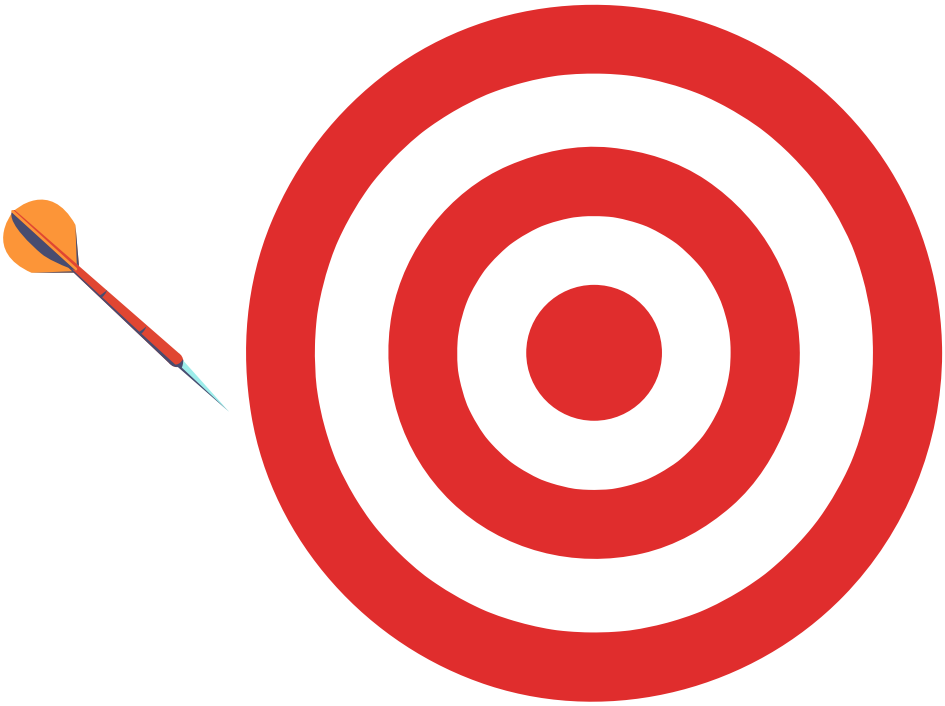
Now that you know some of the goals you want to achieve, it's time to take a moment to prioritise them and hit the bullseye.

Get, set, prioritise!



In the dartboard given above:

- Write down the most important goals for you in the innermost circle.

These goals can be urgent goals that are extremely important for you or are maybe time-bound goals that need you to take action on them as soon as you can.

- Once done, move towards the middle circle and write down your next set of significant goals.

These goals are the ones that aren't urgent or important to you as the ones in the innermost circle. But, you wish to work on them shortly.

- Finally, in the outermost circle, write down the goals that you want to achieve in the long term.

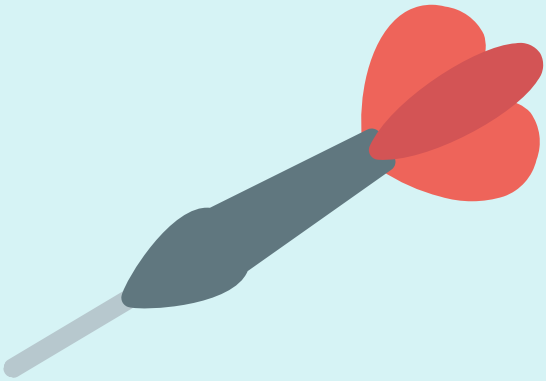
These goals may not be your utmost priority at the moment.

Now that you have a clear picture of the goals that are most interesting to you, let's delve deeper into setting meaningful goals. Mapping out why these goals are important to you and how you can achieve them, can be your driving force towards fulfilling them.

Let's say, your goal is to run a marathon. Knowing your purpose behind running the marathon, for example, if it's to challenge your limits, improve your health, or even just for a personal achievement, can help you approach your goal with more purpose.

Here's a simple activity to help you understand the 'WHY' and 'HOW' behind your goal to help you approach it more intentionally!

1. Write down the most important goal for you in the dart given below:



2. Why is this particular goal important to you?

_____

(e.g To keep my family and me happy)

3. How will this end goal make you feel?

_____

(e.g. Satisfied, happier and full of confidence)

4. How will you know when you have achieved this goal? Are there any specific indicators you can look for?

_____

(e.g. Support my family better, engage in leisure activities without stress)

5. What are the challenges you are facing when trying to achieve this goal?

_____

(e.g. Not having enough opportunities, slacking in my work)

6. What is a realistic timeline you would like to give yourself to achieve this goal or see noticeable results while trying to achieve it?

_____

(e.g. 10 days, 3 weeks, 6 months)

7. What will be your first actionable steps forward?

_____

(e.g. a clear work schedule, reducing distractions while working)

8. How will you hold yourself responsible and be held accountable to yourself?

_____

(e.g. weekly check-ins, reminders)

Spending enough time to plan and set meaningful goals is key to approaching them effectively. It can help you walk towards your goal with more concrete steps and assess your progress in a structured manner. Your goals are the result of every intentional step you take towards them. So, make sure you take one today.

You've got this!

If you, or someone you know is looking to seek professional help, reach out to us at **The Mood Space** https://www.themoodspace.com/getstarted and our Care Team will get back to you within 24 hours.

Not looking for professional help just yet? We understand, keep browsing through our Care Space tools and explore our self-help handouts and worksheets to navigate mental health-related challenges in a better manner.