

EXTRAORDINARY QUESTIONS FOR GOAL-SETTING



Mark Csabai

YOUR COACH MARK South Africa

21 Extraordinary Questions for Goal-Setting!

Written goals are roadmaps that provide you with directions and measurable steps that ultimately take you to your desired outcome.

Goal-setting motivates you to continually move forward and achieve extraordinary results that place you above mediocrity.

People who set goals see future possibilities; they see the big picture. According to Rick McDaniel in a *Huffington Post* [article](#). He says, "Goal setters, are comfortable with risk, prefer innovation, and are energized by change."

The following 21 questions are designed to help you formulate a well-structured goal that is more likely to be achieved.

Great Goals are:

- a) **Outcome focused.** Once your WHY is understood (*AND it's a good & enthusiastic WHY*) you're 90% there!
- b) **Should be in line with your values.** The more a goal aligns with your inner or core values – the EASIER it will be to achieve.
Note: You can achieve goals that don't align with your values, but it's usually more challenging and less satisfying.
- c) **Stated in the positive.** I.e., "I want healthy fingernails" rather than "I want to stop biting my nails."

A great goal that genuinely motivates will have several different components, all of which contribute to creating **motivation**, **energy**, **confidence** and **determination** to reach that goal.

Below is a variation of the **SMART** goal called '**SMERTIE**'.

Acronym SMERTIE:

- ✓ **Specific** (this is so you know precisely what you want to achieve)
- ✓ **Measured** (so you can break the goal down into smaller MEASURED steps or milestones)

- ✓ **Evidence-oriented** (so you can measure your progress and show some EVIDENCE that you have achieved the goal)
- ✓ **Responsibility** (so it IS achievable and contingent upon you doing EVERYTHING in YOUR power to achieve it)
- ✓ **Time-Bound** (has a DEADLINE must have a specific date)
- ✓ **Inspirational** (so it can INSPIRE you to keep moving forward)
- ✓ **Emotional** (so you feel excited and motivated when thinking of yourself ACHIEVING your goal)

Here is an example of a written SMERTIE goal I used when training with New Insights Life Coaching:

*My Big Dream is coming True...! . It is December 5th 2016 **[T]**. I have completed the full certification program from New Insights Life Coaching, including completing and gaining a wealth of experience from my certification practice clients. **[R/M/S]** I'm ready to begin my coaching practice.*

*Looking at my New Insights Certificate on the wall, I'm feeling the biggest sense of achievement **[E/I]** in my life to date, ready to work passionately, with a newfound purpose, in a genuinely rewarding profession, **[I]** making a positive and enriching difference to my clients' **[S/R]** and my own ongoing life.*

*I feel proud and confident that I am creating that meaningful, rewarding and healthily balanced life **[S/M/I]** that was my dream.*

Focusing on the Outcome:

1. What is it that you want here? Dig deep.
2. What is the SPECIFIC OUTCOME that you are looking for in your goal?
3. What is the PAIN for you of NOT achieving your goal?

Aligning with your Values:

4. Is this goal in line with your life vision/overall life-plan? If you don't know, what's your gut-feel?
5. Is this goal in line with your values? Ask yourself what's important to you in life - will this goal help you achieve more of that?
6. Are the goals something YOU truly want, or are they something you think you SHOULD have or SHOULD be doing? If it's a SHOULD, it may be someone else's dream...

7. When you think about your goal, does it give you a sense of deep contentment or 'rightness', happiness or excitement? These are good signs that it's a healthy goal.
8. If you could have the goal RIGHT NOW – would you take it? This question helps to identify potential issues.
9. How does this goal fit into your life/lifestyle? Think time/effort/commitments/who else might be impacted by this goal?

Identifying Obstacles:

10. Can YOU start & maintain this goal/outcome? I.e. Do you have complete control over achieving it?
11. How will making this change affect other aspects of your life? I.e. What else might you need to deal with to bring about change?
12. What's good about the CURRENT SITUATION? I.e. What's the 'secondary gain' for staying right where you are?
Then, how can you keep those good aspects while STILL making this change?
13. WHAT might you have to give up/stop doing to achieve this goal?
Essentially, what's the price of making this change – and are you willing to pay it?
14. If there was something important around achieving this goal (to help you succeed, or that could get in the way) that you haven't mentioned yet, what would it be?
15. WHO WILL YOU HAVE TO BE to achieve this goal?

Goal Sizing: } *give yourself a goal*
 } *range so you can't*
 } *fail to achieve!*

16. Is the goal the right size to be working on during this time?
Too big? Break down into smaller goals. Too small? Fit into a larger plan.
17. What would be the MINIMUM/Super-Easy level of goal to achieve?
18. What would be your TARGET level of goal to achieve?
19. What would be your EXTRAORDINARY level of goal to achieve?

Resources – Get Moving:

20. What RESOURCES do you already have to help you achieve your goal?
(*things, people, contacts, personal qualities, skills, info, finance etc.*).
Create a list!

21. What RESOURCES do you NEED to help you achieve your goal? Create a list!

AND REMEMBER – GOALS are there to INSPIRE YOU not to demotivate and pressure you throughout the process.

I hope you found this short report helpful in setting your goals for 2021.

Meet Mark Csabai:

Mark is the founder of YourCoachMark.Com a Mindset coaching website. Helping people from all walks of life to rewire faulty mindsets and help create clarity of purpose. He is a certified New Insights Life Coach and Master NLP ([*Neuro-Linguistics Programming*](#)) practitioner.

Mark is passionate about working with people in a meaningful way. He is interested in the way people perceive the world around them and how they integrate what they believe in their daily lives.

With over twenty years of experience helping people break free from negative thinking and self-sabotaging behaviour, Mark can facilitate profound inner changes that will ultimately sky-rocket you to the next level of your life.

Mark will work with you to formulate the desired outcome for change that will help move you from where you are to where you want to be.

Want to know more?:

Book a FREE (online, Zoom or Skype) 15-minute Discovery session [here](#). Discovery sessions help you gain clarity in taking the next step to extend your reach in achieving your desired outcomes.

Finally, I love meeting new people - so perhaps you'll connect with me on [Twitter](#), [Facebook](#) or [LinkedIn](#)! And if you have any other questions or suggestions - give me a shout, I'd love to hear from you!

