

GOAL SETTING GUIDE

SET AND ACHIEVE
THREE TYPES OF GOALS

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Introduction to the guide

This guide is meant to help you get a clearer understanding of the process and the purpose of setting goals. We will go over the three types of goals as I understand them.

First, we will discuss Type 1 Goals. the easy ones as I say. From there we will move to the medium goals or the Type 2 Goals. Finally, I will cover the hardest and most often avoided type of goal, Type 3 Goals.

Keep this guide as a reference for use in the future. But if you are already highly motivated and want to skip right to the Type 3 Goal section, use the links below. I put links so you can quickly jump from and to the different types of goals.

[TYPE 1 GOAL](#) – The easy ones

[TYPE 2 GOAL](#) – The moderate ones

[TYPE 3 GOAL](#) – The hardest ones

[Questions to Ask Yourself First](#)

I created this guide because I was asked to give a framework for setting and achieving type 3 goals. Because they are big and scary, they are often avoided. Setting goals takes deliberate action as well as consistency of follow through. That's why I took the questions from all of you and answered them so you can begin to use the powerful Type 3 goals for yourself.

Be sure to read through the entire guide before you attempt to set a goal for yourself. This is important because there are some eye-opening questions you need to answer for yourself before you begin in earnest.

I am excited that you have decided to tackle setting goals for yourself. This can be a fun and exciting experience when you know what to expect.

Wishing you all the best,
Aaron

Type 1 Goals

Easy goals, the ones that we have no doubt we can accomplish are Type 1 goals.

These are goals that we know when we set them, we do not actually have to try very hard to make them reality. This type of goal is a soft one. It is one where you do not have to stretch to accomplish. It is a goal to repeat something you have done before. It is an easy goal. It is one you set, but barely need to think about or work at.

For Example:

If you set a goal to make your bed every morning before you go to work. While it may be more difficult for some people than for others, it is a Type 1 Goal because it does not require very much effort.

Set a Type 1 Goal

Use the Checklist below to set Type 1 Goals

Define the Goal:

Describe what success looks like:

List out steps required to accomplish the goal:

Describe the reward for completion:

Type 2 Goals

Moderate goals, the ones that are hit or miss, it takes some work to accomplish Type 2 Goals.

This type of goal is a Medium one. It is one where it takes some effort to reach, but it does not force you to stretch too far to get it. You feel good that you reached the goal, but it does not impress you enough to want to tell others about it.

For Example:

It could be something like, improving your sales totals 10-20% year over year.

Set a Type 2 Goal

Use the Checklist below to set Type 2 Goals

Define the Goal:

Describe what success looks like:

List out steps required to accomplish the goal:

Describe the reward for completion:

Type 3 Goals

Hard goals, the ones that hurt you to accomplish, Type 3 Goals take consistent focused effort.

This type of goal is a HARD one. It forces you to completely leave your comfort zone, it should give you mild anxiety even thinking about it. It will force you to stretch and grow far past your personal boundaries.

For Example:

It might be something like doubling your income in one month. Or it may be something like deciding to enter a triathlon that is only two months away, having never exercised regularly.

Set a Type 3 Goal

Use the Checklist below to set Type 3 Goals

Define the Goal:

Describe the reason for setting the goal:

Define the emotion if you fail:

Describe the emotion if you succeed:

List out steps required to accomplish the goal:

Set a timeframe for completion for all the subparts of the goal:

Set a timeframe for completion of the entire goal:

Describe the reward for completion:

Describe the why the goal is important:

Describe what success looks like:

Describe the reward for completion:

This is the type of goal that requires a true leap of faith. To accomplish it, you must squash all doubts, all fears, you must take the challenge head on. You must believe in yourself. This will likely require a new self-image. Go slowly through the RE:MIND 3-Day Non-Workshop video experience to reset your self-image and personal perception.

Before You Begin – Answer These Questions:

What's the purpose of setting this goal?

It is important for you to have a clear reason for setting and wanting to accomplish goals. If you do not have a strong purpose, you will give up when things get difficult.

What does a successful outcome look and feel like?

You need to know what a win looks and feels like. Why, you ask? Because you must be able to recognize when you win. You need to be able to identify when you are getting close and create awareness of the moment you succeed.

What would my life look like if I achieved my goals?

It is extremely important for you to imagine what the results of accomplishing your goals will look and feel like. You need to be able to pull up the image and emotions you will have once you have succeeded and accomplished your goals so you can use it as leverage to get yourself going again when you experience a major upset in your quest.

What is my superpower?

I believe that a superpower is something that defines you. I have ADHD, it is often seen as a disorder or handicap, but for me, I choose to see it as a superpower. My brain runs in many directions at once. My desk is a sitting/standing desk. I will often walk around while working, I have a notebook near me all the time so I can quickly jot down things that pop into my head, so I can hang onto them without allowing them taking over my mind. By the way, I discover some of my best stuff on that scratch pad.

Why is this my goal?

You need to be aware of the reasons you are setting goals. I mean if you are setting a goal to double your income next year, that is a lofty type 3 goal, but it needs a reason for setting and accomplishing it. Without a heavy emotional reason for accomplishing your goal, you will most likely give up. If the "reason" behind doubling your income is so you can buy your spouse back from their employer, and it is important to you and your family, you will do whatever it takes to accomplish the goal, even when things get hard.

What are my core values?

Does your goal align with your core values? Will you have to violate a value to accomplish your goal? This is important because you may not subscribe to the idea that the ends justify the means. So, remember you must set goals that stay consistent with the ideal you that you are setting out to be.

What drives me?

You must ask yourself if you are driven by material things, values, or ideals. There is actually no good or bad answer here. The main point is that you know yourself. If you are driven by things, then reward yourself with things. Keep yourself motivated by going and looking at the things

you are working for. If, however, you are motivated by values and a sense of self, then be sure to keep yourself motivated by acting in a way consistent with your values. Go and volunteer where you intend to later be able to donate money as well as your time. If ideals are your motivating force, then keep them fresh in your mind and in your line of sight by putting reminders everywhere.

The main point here is to daily take a moment to keep yourself reminded of your deep desire. It will make staying consistent and persistent easier while working toward your goals.

Is my goal SMART?

Is it specific, measurable, attainable, realistic and time bound? Without all these parameters attached to your goal, the likelihood of accomplishing it dramatically decreases. It's like having a boat (your goal) but then not having any oars (parameters) to make sure it moves in the right direction, or at all.

What's the big picture?

You must have a clear and easily describable goal and reason for wanting to set and accomplish it. Without those the goal and the reason will not be big enough to stand the test of time. The test of time as it pertains to goals is the measurement of time between setting and accomplishing your goal. That length is variable, and that's what creates the difficulty in lasting long enough to succeed. There is always a win, you must last long enough to see it.

Remember, even a broken clock is right twice a day.

You are everything you need to be to set and achieve Type 3 Goals. Make the necessary preparations, commit to yourself that you will do whatever it takes to achieve your desire, and make your first Type 3 Goal.

Hop over to the Facebook group to become a member of the community and find and give other teachers support.

Area for any personal notes:
