

Motivation and Goal Setting

“The people who change the world are people who have taken impossible out of their dictionaries” Dr Myles Munroe

“People who bless the word are people who believe there is an ability inside them to accomplish something that has never been done.” Dr Myles Munroe

1 Corinthians 2:9 – No eye has seen, no ear has heard, no mind has conceived what God has prepared for those who love Him

Human Services and
Case Management

Maslow's hierarchy of needs



Stages of Change

- Pre-contemplation
- Contemplation
- Developing a plan of action
- Implementing the plan
- Maintaining the changes

Go with the flow?

- Do you make things happen?
 - Do you watch things happen?
 - Or have no idea what happens?
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- Are you so afraid of failure that you refuse to try?
 - If things don't work out how you had planned, do you look at why that was, what factors affected your success, and review the situation and create a new plan?

How do you go from having dreams, desires, plans and aspirations to drug addiction etc?

- Feeling continually discouraged, disillusioned with life, being bored or confused.
- If you are dealing with the same issues, habits and struggles for years.
- You make a little progress and then regress again.
- You may be constantly changing your mind, feel disorientated and frustrated, all because you don't have a vision for your life.
- The problem arises when you could control things in you life but won't, it's not that you can't.
- There are no shortcuts in developing your potential.
- Isn't it awesome that God can change our habits and attitudes that are stunting our potential and restricting growth, He will prune the dead branches that aren't bearing fruit, if you will let him.

Assisting those who struggle to goal set.

- Help there to see where they want to progress to, acknowledge the difficulties in their past.
- Looks at patterns and behaviours that create success
- Examine their choices and decisions with them.
- Looking at what's working and what isn't in their life.
- Small changes on a regular basis makes a huge difference by the end of a year.

ACTIVITY:

- **What sorts of life events do you think these people may have experienced, that affect their ability to now plan for a more fulfilling and rewarding future?**

Vision

- Are you looking forwards or backwards?
- You can't change the past, you can learn from it, and create your future.
- Vision pulls you forward, it's the overarching purpose in your life, as to why you do the things you do.
- You decide that today is going to be a successful day.
- How would you go about creating vision with your client group?

Activity

- What is your current vision for your life?
- What are you planning to do before the end of the year? In 12 months time? In two years. By the end of your life time?
- How do you want to be different?
- What do you want to have accomplished?
- Where do you want to go?
- Who do you want to influence?

Role models

- By looking at the life of someone who is already doing what you want to do, you can see how they arrived at that place. You can analysis what decisions they made, how much it cost them (financially and emotionally) etc.
- What did they go through to get where they are today?
- What jobs did they do along the way.

Purpose

- What do you feel God's purpose is for you?
- What fires you up?
- What endeavors do you aspire to?
- What people group(s) are you passionate to assist?
- What goals do you have for now and for far off in the future?
- What ideas has God given you?

Potential is... dormant ability, reserved power, untapped strength, unused success, hidden talents, capped capability

- In every seed there is a forest.
- Do not let what you cannot do interfere with what you can do.
- You need to go beyond what you have already done to grow or experience your full potential. Don't stop with your current level of success.
- What things have you found you are quite good at when you first learned them, you had a bit of a gift in that area?
- If you are full of potential, you should be a better you this time next year.

Activity

- **What seeds of potential are in you that you are starting to see?**
- **How are your beliefs limiting your potential?**
- **What would the world have lost if you had not been born?**
- **What gifts and talents are you meant to serve the world with?**

Activity: What you see now is not how it will always be!

- Thing back to a time when you thought a situation would never change.
- Can you now see God had his hand on the situation?
- Can you see a purpose for that situation?
- Did you learn a valuable lesson from that situation?

What is your potential?

- God sees you as extremely valuable, and of great worth. Do you see that?
- Don't accept the opinions of others regarding your potential, they cannot see what God sees and knows!
- Your potential is far greater than what you are now, what you will become is much more than you can imagine.
- Your potential is limited only by God, not others.
- God sees beyond your current troubles and sees success, He calls it forth until it is reality. He is able to fix your messes and mistakes and turn your life around.

Your Potential

- Your potential isn't destroyed by your past, or the environment you grew up in, God has a bigger plan than all of that.
- Potential needs exercise to grow, you'll need to try new things for it to grow.
- Your attitude and the words you say create life or death. Are you giving life to your potential, or speaking about all the things you're not, and not good at etc?
- Joel Osteen has awesome books and teaching on speaking positively over your life.

Satan and your potential

- He gets you to not like yourself
- His mantra is “You’ll never be anything”
- Jesus says “You are saved.” Satan says “You aren’t saved.” Jesus says “You are healed.” Satan says “But you still feel the pain.” Jesus says, “You are free from drugs.” Satan says, “You are hooked for life.” He tries to clog the well of life, God’s words speak power into your life.
- He’ll get someone important to you to criticise your dreams.
- Guard your potential against sin, discouragement, procrastination, failures, opinions, distractions, traditions and compromise.
- Who will you listen to?

What is your dream?

- What dreams, desires, plans and aspirations do you have now?
- What would you have you let go of to achieve these? i.e. negative beliefs about your ability to achieve your dream, fear of stepping out, fear of failure or success, poor time management, unsupportive environment/friends.
- Who in your life is a real encourager of your dreams?
- Who are the people that would discourage your dreams and aspirations? Who has you pigeon-holed into a box, and doesn't want to see you progress?

My personal goal sheets for 2009

I covered the following areas this year:

- Spiritual, Jordan, Buying a Home for Jordy and me, Family and Friends, Extreme Self Care, Career, A Business Idea or 2!, Financial goals (budgeting, buying a house, shares, buying things as I can afford them), Purchases (an extensive list of stuff I know I'll need to buy), Day Spa at Home, Fun/hobbies/travel, Time Out/Try New Things, Loving Where We Live, Long term goals.
- Some areas have taken a priority with purchasing my home this year, so a major holiday wasn't quite in the picture ☺

My goal setting continued

- I use the ABC technique for rating priority and then also document all the steps I need to take to achieve a task. I also make sure I schedule the time in to achieve the task. While I may put down a tonne of things at the beginning of the year, I work out which ones I will do in the first quarter, second quarter of the year etc.
- I set an objective for each goal area.
- I take some time out at the end of each year to review my goals, achievements and where I want to go in the following year.
- If I'm continually not achieving in an area, I look at why this is. Do I not feel able, do I not know the next step, do I need advice, support etc, do I just not have time for that at the moment.

Goal setting

If you want to be successful:

- Take your **ideas** (don't be a follower and get stuck here) and turn them into **imagination** (don't be a dreamer and get stuck here talking about it and not acting), **write it down** (visionaries see great things in their mind) and then actually **create it** (complete the mission and change the world, or maybe just your world!).
- Progress requires a plan of action.
- Ideas must be put down if they are to influence the way you live.

25 Achievements and Good Things in 2009

- Thanks to Cheryl Richardson's Life Makeovers book this is something I do every year.
- I have a file on my computer that I regularly update with achievements and good things that happen for Jordy and me.
- Some of these things may be insignificant to anyone else but they're important to me!

Goal setting

- Prepare prayerfully, get quite, go somewhere inspiring, don't forget your pen and paper or your laptop!
- Plan purposefully, be decisive about what you want to achieve.
- Proceed positively, speak life into this area of your life.
- Pursue your goals persistently
- Success is never final and failure is never fatal.
- Be bold and courageous!

SMART Goal setting

- **Specific** (the what, why and how)
- **Measurable** (establish criteria for measuring how you are progressing towards your goals, and what constitutes completion of this goal)
- **Attainable** (does this goal stretch you, while remaining achievable?)
- **Realistic** (is it something within your sphere of control)
- **Time based** (create time frames for completion of each section of your goals).

SMART Goals

- Map out all the little steps towards you bigger goals, identify who can help you if you need it. Identify possible obstacles and what you can do about them.
- Build in some rewards! Little rewards as you progress and big ones for when you have achieved a major goal.

Putting your ideas into actions

- Brainstorm with a trusted friend if you are having troubles identifying how to move forward, pray about it.
- Possibly seek out a mentor who is already doing what you want to do, or is successful in a similar area.

Some questions for you?

Myles Munroe

- Who am I?
- Why am I here? God planned your life, He wanted you born, He will knock the limits off your life!
- How much potential do I have?
- What am I capable of doing?
- By what criteria should I measure my ability?
- Who sets the standards?
- By what process can I maximise my ability?
- What are my limitations?

Challenge Yourself

- If you're not doing more because no one has challenged you, challenge yourself.
- Give your ability a responsibility that would change the world.
- God has given you a skill or ability that the world needs.
- **You were not created to be intimidated by your environment. How could you look at a troubling issue in your life differently?**
- Look after yourself!
- **Do you believe that you possess the ability to achieve, develop, accomplish, produce, create and perform anything your mind can conceive?**

Challenging Yourself

- Are you willing to press past your fears, overcome the norms and opinions of society, to hurdle the barriers of prejudice and to defy the naysayers? OR
- Will you live in mediocrity, living below your true potential?

Where are your decisions taking you?

- “Are you making quality decisions for your life? At any point in our lives we are the sum total of all the decisions we have made, the people we have met, the exposure we have had and the facts we have learned”

~ Dr Myles Munroe 1992 pg 37 ~

- What decisions are you proud of, what decisions are you still feeling the affects of? Who are you grateful for meeting or learning from?

Worksheets

- 10 Reasons Why People Fail
- Personal goals sheet
- Career questions
- Life Changing Questions – Debbie Ford
- Making Decisions and Choices
- Success
- *Successful people do daily what others do occasionally*

Authors:

- Richard Carlson
- Debbie Ford
- Julie Morgenstein
- Dr Myles Munroe
- Cheryl Richardson
- Anthony Robbins

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