



## Goal Get 'Em: How to Get More of What You Really Want in Your Life

### Audience:

Helping Professionals, Parents, Educators, Workers, Volunteers, Women, Etc.

### Program Description

The power of setting goals is well documented, but fewer than 3% of us actually do it! Map out your most exciting future in this fun, and interactive session as you practice the principles of effective goal-setting – and getting!

- Explore what you want to be, have, and do in your life!
- Contemplate what goals will help you gain the greatest satisfaction in the personal, professional, financial, and adventure arenas of your life!
- Learn how to craft a goal that will motivate you to achieve your highest dreams!
- Learn how to put the power of goal-setting to work for you!

### Program Content

- Dream big – twenty things you hope to do before you die!
- Why setting goals is so powerful
  - Young people who set goals are less likely to be at risk.
  - High achievers are intense goal-setters.
  - Yale class of '53 research
- Why we avoid setting goals
- Practicing goal setting for several arenas in your life
  - How you say it is as important as what you say.
  - Crafting a goal that motivates – an affirming goal
  - Publicly affirming your goal to 'up' the motivation
- Zig Ziglar's questions – criteria for effective goal-setting
- Finding allies to help you achieve your fondest dreams
  - Barn Raising – a strategy to break the "I've got to do it all myself!" myth



### Required Time

2 Hours for Full Program - Keynote or Workshop

1 Hour for Abbreviated Program - Keynote or Workshop

### Delighted Clients

Sodus Central Schools

New York State Grange Institute for Leadership Development

### Contact

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