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Self-coaching guide - Goals that deliver success

Alpha v1.00

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Imagine entrepreneurship as a complex jigsaw puzzle. Each piece represents a critical aspect of your business journey, fitting together to create a complete, successful picture. Just like a jigsaw puzzle, understanding where each piece belongs and why it matters is crucial. For entrepreneurs, mastering these elements means navigating the business world with greater confidence and effectiveness.

The benefits to entrepreneurs are multifaceted. By comprehending each segment of this entrepreneurial jigsaw, you enhance your problem-solving skills, improve decision-making, and cultivate a resilient mindset. This holistic understanding equips you to adapt to changing business landscapes, seize opportunities, and mitigate risks, ultimately leading to sustained business growth and personal development.

Key benefits to entrepreneurs

- Choosing an area of life: Focuses your energy on specific, impactful areas, enhancing personal and business growth.
- SMART goals: Setting Specific, Measurable, Achievable, Relevant, Time-bound goals ensures clarity and achievability.
- Benefits if you achieve your goal: Realising tangible rewards motivates and drives continuous improvement.
- Losses if you don't achieve your goal: Understanding potential setbacks fosters proactive risk management strategies.
- Visualizations to motivate: Empowers you with a clear vision of success, boosting focus and determination.
- Affirmations to motivate: Positive self-talk enhances mental resilience and fosters a success-oriented mindset.
- Strategies to overcome obstacles: Develops adaptive skills to navigate challenges and stay on course.
- Step by step plan: Ensures a structured approach to goals, enhancing efficiency and effectiveness.
- Resources needed: Identifying necessary resources streamlines processes and aids in goal achievement.
- KPIs and measurement: Key Performance Indicators help track progress, ensuring goals are on target.
- Review process: Regular evaluations foster continual learning and adaptation for sustained success.



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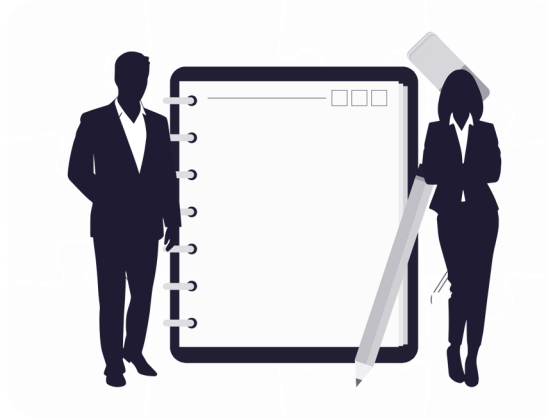
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How to

If you haven't done a lot of self coaching so far you may find these suggestions helpful:

- **Ignite the Spark:** The journey of a thousand miles begins with a single step, right? Begin with something manageable—pick a task that's light yet meaningful. It's akin to ascending a staircase; that first step might seem daunting, but it sets the momentum for all the others.
- **Capture Your Brilliance:** Don't let those flashes of genius slip away! Whether it's a trusty notebook or a digital app, jot down your ideas. It's like keeping a tally in a game, except this game is your entrepreneurial journey. Every idea counts!
- **Reflective Oasis:** Allocate a sanctuary of time for contemplation. Dive into your notes. Celebrate the wins, unpack the mishaps, and strategize for improvement. This is where the magic of growth happens.
- **Craft Your Haven:** The space where you work should be a source of joy and inspiration. Organize it to your liking, infuse it with elements that uplift you—be it photographs, plants, or art. A harmonious environment is a fertile ground for productivity and creativity.

By embracing these steps, you're not just running a business; you're masterfully coaching yourself through an exhilarating journey. Remember, the process should be as rewarding as the outcomes. Celebrate your progress, and relish the game of business mastery!



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Pick something you care about

Selecting an area of life to focus on is like choosing the cornerstone of your entrepreneurial puzzle. It involves identifying a segment of your personal or professional life that you wish to develop or improve. This choice forms the foundation of your goal-setting process, directing your efforts and resources towards areas that offer the most significant impact. Whether it's enhancing leadership skills, improving work-life balance, or advancing business strategies, this decision sets the stage for targeted and meaningful progress.

The primary objective is to identify an area that aligns with your overall vision and values. It should be an area where improvement can lead to substantial personal and business growth. The goal is to create a focused pathway for development that resonates with your aspirations and the demands of the entrepreneurial journey.

Coaching Questions

- What area of your life, when improved, would have the most significant positive impact on your business?
- How does this area align with your long-term personal and professional goals?
- What have been your biggest challenges in this area?
- How will improving this aspect contribute to your overall well-being and business success?
- What are the first steps you can take towards making improvements in this chosen area?



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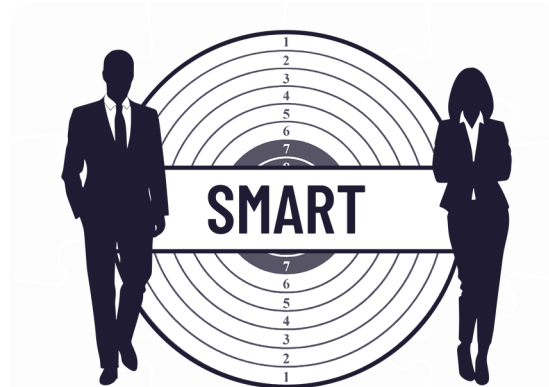
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SMART Goals for success

Setting SMART goals is like finding the edges of your jigsaw puzzle, providing a framework within which the picture can take shape. SMART, an acronym for Specific, Measurable, Achievable, Relevant, and Time-bound, transforms vague aspirations into clear, attainable objectives. This approach ensures that goals are well-defined, with concrete criteria for measuring progress and success. For entrepreneurs, SMART goals offer a path to navigate the complexities of business, allowing for focused effort and resource allocation.

The aim is to establish goals that are clear and actionable, promoting effective planning and execution. They should be ambitious yet realistic, fostering motivation without setting you up for disappointment. The objectives must be relevant to your overall business strategy and personal aspirations, with a well-defined timeline for achievement.

Coaching Questions

- What specific outcome do you want to achieve with your goal?
- How will you measure progress and know when you've achieved your goal?
- Is your goal realistically attainable within the given timeframe?
- How does achieving this goal align with your broader business objectives?
- What is the deadline for achieving this goal, and how can you create milestones?



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Benefits & losses

#Identifying the benefits of achieving your goal is akin to visualising the vibrant colours and patterns of your puzzle's picture. It involves recognising the positive outcomes and enhancements in both your personal and professional life that accomplishing your goal will bring. This step not only provides motivation but also helps in prioritising goals based on their potential impact.

The objective is to clearly articulate the value and advantages that the achievement of each goal will bring. This clarity serves as a driving force, keeping you motivated and focused, especially during challenging times. It also helps in evaluating the worthiness of pursuing each goal.

Coaching Questions

- How will achieving this goal positively impact your business?
- What personal benefits will you gain from achieving this goal?
- How will meeting this goal influence your relationships with others, both personally and professionally?
- In what ways will achieving this goal contribute to your long-term success?
- How will you celebrate or acknowledge the achievement of this goal?



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Visualisations & affirmations

Visualization to motivate is like envisioning the completed picture of your jigsaw puzzle before the pieces are in place. It involves creating a mental image of achieving your goal, picturing the success and its impacts vividly. This technique harnesses the power of your imagination to reinforce your commitment and enhance your motivation.

The aim is to foster a strong mental connection with your desired outcome, making it more tangible and attainable in your mind. This practice helps in maintaining focus, building resilience, and fostering a positive mindset, crucial for overcoming challenges and reaching your goals.

Coaching Questions

- Can you picture how achieving your goal will positively impact your business?
- What emotions do you associate with the success of reaching your goal?
- How does visualizing success influence your daily motivation and actions?
- What specific aspects of your goal's achievement are most vivid in your visualization?
- How can you incorporate visualization into your regular routine to maintain focus?



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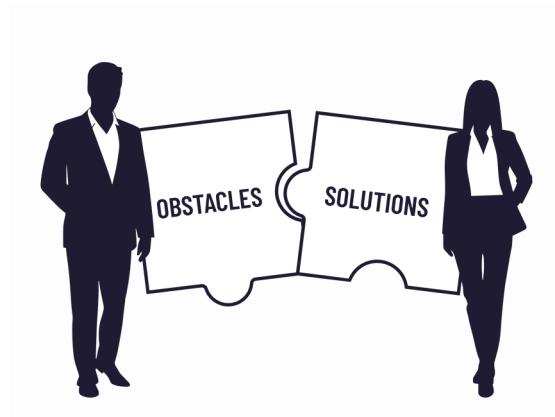
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Obstacles & solutions

#Developing strategies to overcome obstacles is like planning for the challenging parts of your puzzle where pieces don't seem to fit at first glance. It involves anticipating potential challenges and preparing actionable strategies to navigate them effectively.

The aim is to proactively identify potential hurdles in your path to achieving your goals and devise practical solutions or strategies to overcome them. This preparation enhances your resilience and adaptability, key traits for entrepreneurial success.

Coaching Questions

- What are the potential obstacles you might face in achieving your goals?
- How can you prepare to overcome these obstacles?
- What resources or support might you need to navigate these challenges?
- How can you turn these obstacles into opportunities for growth and learning?
- How will overcoming these challenges bring you closer to your goals?



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Making it happen

Creating a step-by-step plan is like plotting the path to complete your jigsaw puzzle, one piece at a time. This detailed plan breaks down your goal into smaller, manageable tasks, outlining the sequence and approach for each step. It transforms your goal from a concept into a series of actionable steps.

The objective is to create a clear, structured path towards your goal, with each step contributing meaningfully to the overall objective. This methodical approach ensures efficiency, maintains focus, and makes the process less overwhelming, increasing the likelihood of success.

Coaching Questions

- What are the key steps required to achieve your goal?
- How do each of these steps move you closer to your goal?
- What resources or support will you need for each step?
- How will you monitor your progress at each stage?
- What adjustments might be necessary if a step doesn't go as planned?



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The success kit

Identifying resources needed is like gathering all the necessary tools and pieces before starting your puzzle. It involves assessing and securing the human, financial, and material resources required to achieve your goal. This step ensures you are well-equipped and prepared for the journey ahead.

The aim is to comprehensively understand what is necessary to achieve your goal, ensuring no important element is overlooked. Having the right resources at your disposal minimizes delays and inefficiencies, contributing to a smoother path towards success.

Coaching Questions

- What specific resources will you need to achieve each step of your plan?
- How can you secure these resources effectively?
- Are there alternative resources or approaches if the primary ones are unavailable?
- How will you manage and allocate these resources efficiently?
- What contingency plans do you have in case of resource shortages?

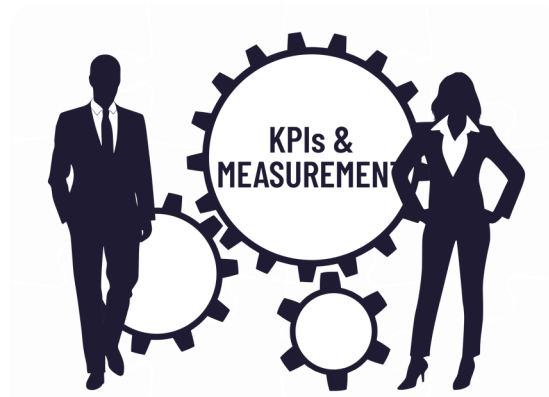


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Measuring success

Setting KPIs (Key Performance Indicators) and measurement methods is akin to regularly checking the progress of your puzzle. KPIs are quantifiable measures used to gauge the performance and progress towards your goals. They provide a clear metric for success and help in making informed decisions.

The objective is to select relevant KPIs that accurately reflect progress and success in achieving your goals. These indicators should be measurable, aligned with your objectives, and provide actionable insights.

Coaching Questions

- What KPIs best represent the success of each step in your plan?
- How will you measure and track these KPIs?
- How frequently will you review your KPIs for insights?
- How can KPIs inform adjustments to your strategy or plan?
- What will you do if KPIs indicate you are off track?



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Getting better and better

The review process is like periodically stepping back to assess how your puzzle is coming together. It involves regularly examining your progress, strategies, and the overall plan. This process helps in identifying areas of improvement, adapting to changes, and ensuring alignment with your goals.

The aim is to create a structured process for evaluating progress, learning from experiences, and making necessary adjustments. This continuous improvement cycle is essential for staying on track and achieving your goals effectively.

Coaching Questions

- How often will you review your progress towards your goals?
- What criteria will you use to assess the effectiveness of your plan?
- What lessons have you learned from the review process?
- How can you apply these lessons to enhance your approach?
- How will you ensure that your plan remains aligned with your changing goals or circumstances?



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Share Your Story

Navigating through this self-coaching guide is a unique adventure, and your experiences along the way are invaluable to both your growth and the enhancement of this guide for others. Reflect on your journey, celebrate your wins, learn from the hurdles, and let's refine the path together. Share your story by engaging with the questions below:

- Reflect on the sections that deeply resonated with you and tell us why they stood out.
- Highlight a technique or exercise from the guide that made a significant difference in your approach to self-coaching.
- Consider any elements that may not have met your expectations. What were you hoping for, and how did the reality differ?
- Share any aspects you felt were missing from the guide, and what you wished to see included.
- Recall the questions that provoked deep thought and led to an insight. How have these questions changed the way you approach your personal or business challenges?
- Think about any sections that could be enhanced or offered more. What would make these sections more helpful or impactful?
- Note any shifts in your mindset since you started working with this guide. What new ideas or attitudes have you adopted?
- Tell us about any particular 'aha' moments that struck you. How have these moments influenced your self-coaching journey?
- Evaluate your progress towards your initial goals. Have you noticed movement towards your desired outcomes?
- Celebrate the progress and milestones you've reached thus far. What achievements can you pinpoint that have been catalyzed by this self-coaching process?
- Feel free to voice any additional thoughts, stories, or feedback that you believe would enrich your self-coaching experience and this guide.
- Your unique insights add immeasurable value, and sharing them helps build a more robust self-coaching community.

Your thoughtful consideration and responses to these prompts are deeply appreciated. They serve not only as a self-reflective tool but also as a guide for others on their self-improvement journey. Thank you for your commitment and for adding your voice to this collective narrative of growth and learning.

Please answer the questions that you feel will be helpful and email your answers to simon@smarterentrepreneurs.co.uk



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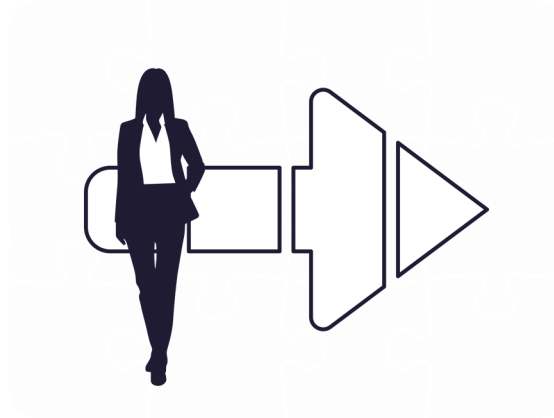
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Next steps?

Great work diving into the self-coaching guide! Now, what's next? Here's a simple guide to keep you moving forward on your adventure:

- **Take a Look Back:** Think of yourself as a detective who has just cracked a case. Go through your notes from the self-coaching guide and see what clues you find about yourself. Celebrate the things you did well and make a plan for anything that's still a bit tough.
- **Draw Your Map:** Now, it's time to make a plan that's as easy to follow as a recipe for your favorite treat. Break down your big goals into small, tasty bites that are easy to handle, and you'll get to your goal before you know it.
- **Get Some Advice:** Chat with friends, a teacher you trust, or someone who knows a lot about coaching. It's like getting a cheat code for a game – they can help you see if you're on track or suggest new ideas.
- **Put Your Plan into Action:** You've got some great strategies from the guide, so start using them in your day-to-day life. Change doesn't happen all at once, so take it step by step, like climbing a ladder to a treehouse.
- **Keep Learning:** Got something you're curious about or want to get better at? Jump into books, online articles, or classes to learn more. Your brain loves to soak up new stuff!
- **Consider a Coach:** If there's something really challenging, remember it's okay to reach out for help. A professional coach can guide you through the tough parts, just like a captain steering a ship through a storm.

By following these fun steps, you keep building on what you've learned about yourself, growing a little every day. Stick with it, and you'll be amazed at the person you become!



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