

MAKING THE MOST OF 2022

January 20, 2022 | 12-12:30pm CST

Goal Setting *'Takeaways'*
for Personal & Professional
Development



A FREE VIRTUAL LEARNING EXPERIENCE BY
ESSENCE LEARNING, LLC



People who write down their goals are 20% more successful in accomplishing them than those who did not.

GAIL MATTHEWS' GOAL RESEARCH SUMMARY

One third of managers say adapting to change will be their biggest challenge (goal) in executing company strategy in future years.

HARVARD BUSINESS REVIEW

Companies that set performance goals quarterly can generate 31% more returns than those reassessing annually.

JOSH BERSIN, FORBES

92% of New Years goals fail by January 15th. Be in the 8%!

GOAL BAND SUCCESS SYSTEM

WAYS TO STAY INSPIRED.

1. CREATE A VISION BOARD

Rather, you prefer to make a digital board to keep on your phone or create a hand-made one to hang in your office, stay inspired by keeping your vision and goals in front of you.

Links for Digital Vision Boards:

www.picmonkey.com

www.desygner.com

www.milanote.com

2. ENGAGE + NETWORK

Don't forget to connect with a trusted mentor, coach or partner to bounce ideas and keep you motivated.

3. CHEERS TO YOUR WINS!

A win is a win -- and, large or small, it deserves to be celebrated. Don't forget to celebrate the victories!



ESSENCE

GOAL SETTING

E ELIMINATE

To effectively create a plan, eliminate excuses and set aside time to write your goals.



S STRATEGIZE

Define short-term and long-term targets and milestones to strategically achieve your goals.



S SPECIFY

Specify challenging and realistic action items to achieve each short-term and long-term target.



E ENGAGE

Engage an accountability partner, mentor, or coach to obtain knowledge, skills, and resources needed to achieve your goals.



N NUMBER

Use numbers to prioritize, monitor and track progress.



C CLARIFY

Clarify, challenge, and adjust the goals, action items and progress along the way.



E ENCOURAGE

Encourage yourself and celebrate victories and repeat.



MY #1 GOAL FOR 2022 IS...

E ELIMINATE



S STRATEGIZE



S SPECIFY



E ENGAGE



N NUMBER



C CLARIFY



E ENCOURAGE

