

ACP | THE CAREER RESET

SET YOUR GOAL



Mel Savage
THE CAREER RESET

©SAVAGE LIFE

Setting Your Goal



This is the final step of setting your career goal. You've done all the work on your current and future beliefs. You've explored your values and strengths today and in the future.

And now it's time to set a clear goal for yourself.

CHOOSE YOUR GOAL:

You can pick any goal. Remember that if you want to grow faster, pick a goal that stretches you into discomfort. Those that achieve goals they're sure they feel comfortable achieving will grow at a slower pace. At least one year out, and ideally 3-5 years is recommended.

WHAT IS THE DATE YOU WILL ACHIEVE THIS GOAL?

Be specific. What is the specific date, e.g. June 30, 2025.

HOW WILL YOU KNOW YOU'VE ACHIEVED THIS GOAL

What are your specific measurable indicators that you've achieved the goal?

ON A SCALE OF 1-10, HOW COMMITTED ARE YOU TO THIS GOAL?

Are you married to it? If it's not a 10, what would make it a 10?

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

DESCRIBE THE VERSION OF YOU THAT ACHIEVES THIS GOAL

Add pages if you need more space.

EXPERIENCE MARKERS: What can you do? Consider hard and soft skills, leadership style, things you've accomplished, etc.

MINDSET MARKERS: How do you think about your abilities, challenges/failures, yourself, etc.?

FINANCIAL MARKERS: How do you think about money? If it's relevant, state how much money you're making and describe your total remuneration package.

AUTHORITY MARKERS: What are you known for? What do people consider you an expert at/on?

SUPPORT MARKERS: Who are your advocates and supporters? Who do you support?

LIFESTYLE MARKERS: Describe what your life is like.

WHAT VALUES DO YOU WANT TO RELY ON TO ACHIEVE YOUR GOAL?

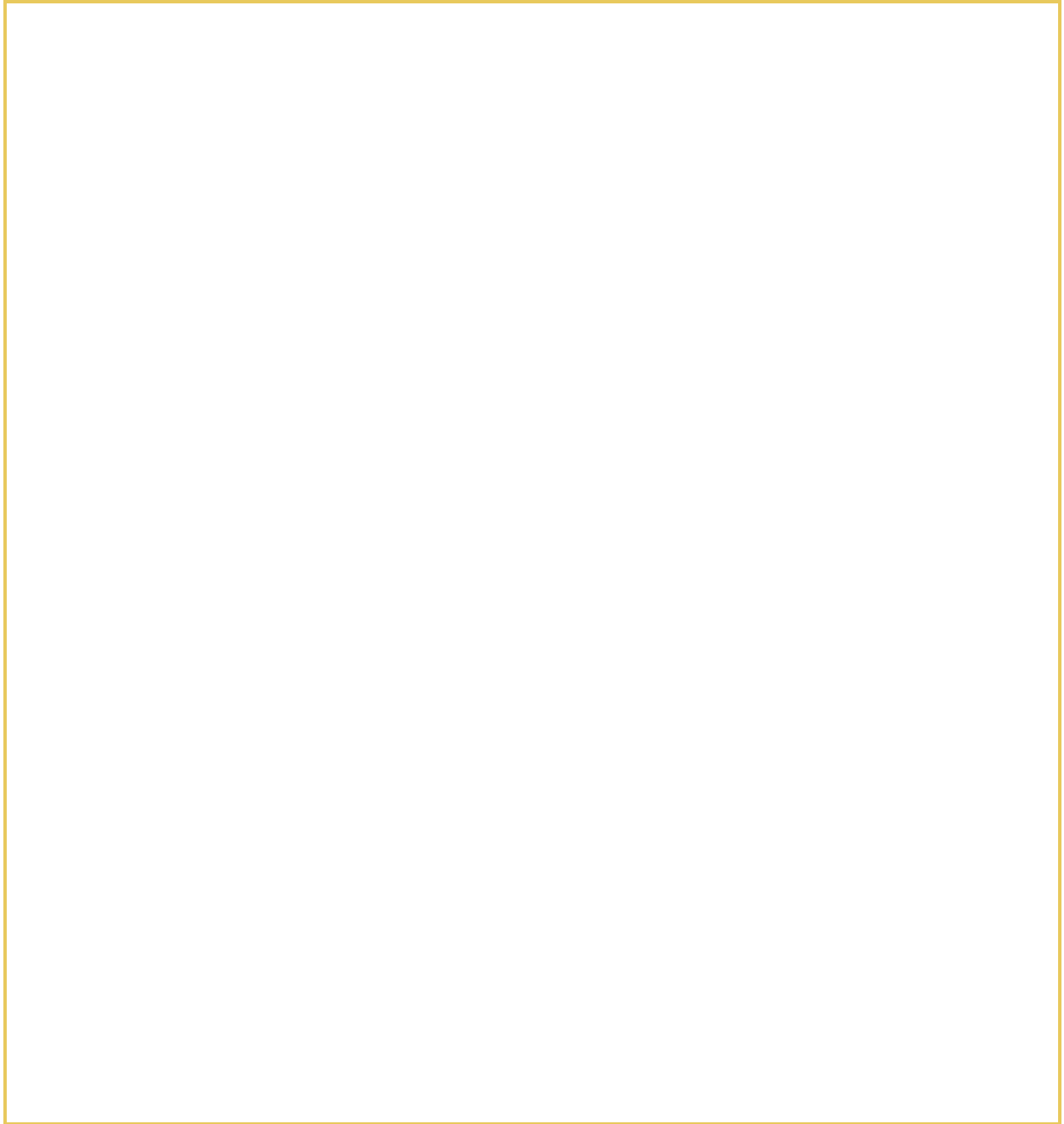
Choose three values that you want to prioritize to reach your goal. Name each value and describe how you will use it in conjunction to your goal.

E.g.,

SELF-CONFIDENCE: Believing in my ability to do things even if I have no evidence that I can do it.

OPEN-MINDEDNESS: I am always open to different ideas and perspectives to reach the objective, even if it's not mine

WRITE A NOTE TO YOURSELF (100-200 WORDS) THAT DESCRIBES THE DAY YOU REACH YOUR GOAL



Daily Journaling Prompts



It is recommended to get into the habit of journaling every day. The purpose of journaling is to teach you to get aware of your thoughts.

Some people think they can become aware of their thoughts without journaling. **That is a thought error.** The act of writing down your thoughts releases thoughts below the surface; thoughts that you didn't know were there.

Most people avoid journaling because they don't want to explore their thoughts. It can be an uncomfortable process. But remember DISCOMFORT IS THE PRICE OF YOUR GOAL. We don't grow without discomfort.

If you are someone who's never journalled before, start slowly. Journal for 3-5 minutes a day. Use the prompts to help you get started. And don't worry if your sentences make sense or if there is structure to your thinking.

Just write.

DAY 1: What thoughts came up for you after watching the video?

DAY 2: What thoughts come up for you when you think about your goal?

DAY 3: Up until now, this is what I've always believed about failure

DAY 4: When I reach my goal, I'll believe _____ about myself. Why don't I believe that now?

DAY 5: What are some things that I can start doing right now to reach my goal?

DAY 6: What are all the reasons I think I can't reach this goal?

DAY 7: What are my thoughts about my level of commitment to this goal?