

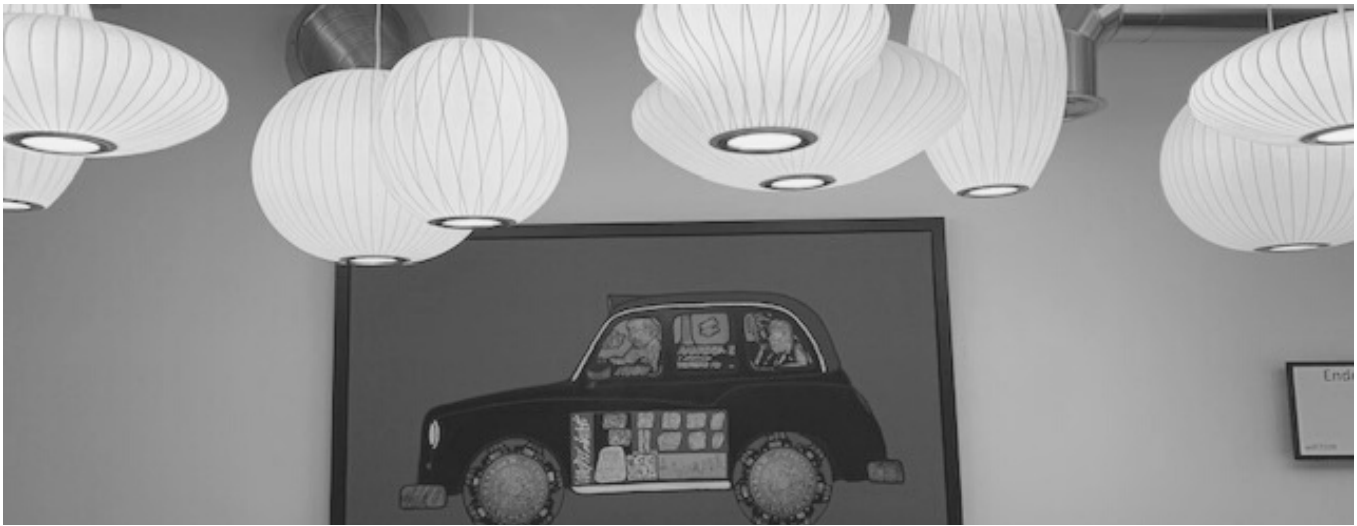
GOAL SETTING

THE RECRUITMENT TRAINER

WWW.THERECRUITMENTTRAINER.CO.UK



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LOCKE AND LATHAM'S 5 PRINCIPLES

How to set meaningful and challenging goals:

1) Clarity

Set clear goals. You can use SMART for this - be as detailed as possible, write it down and consider what metrics you will use to measure your success.

Do you feel strongly about the goal? Does it motivate you?

2) Challenge

Is the goal challenging enough to spark, and maintain your interest?

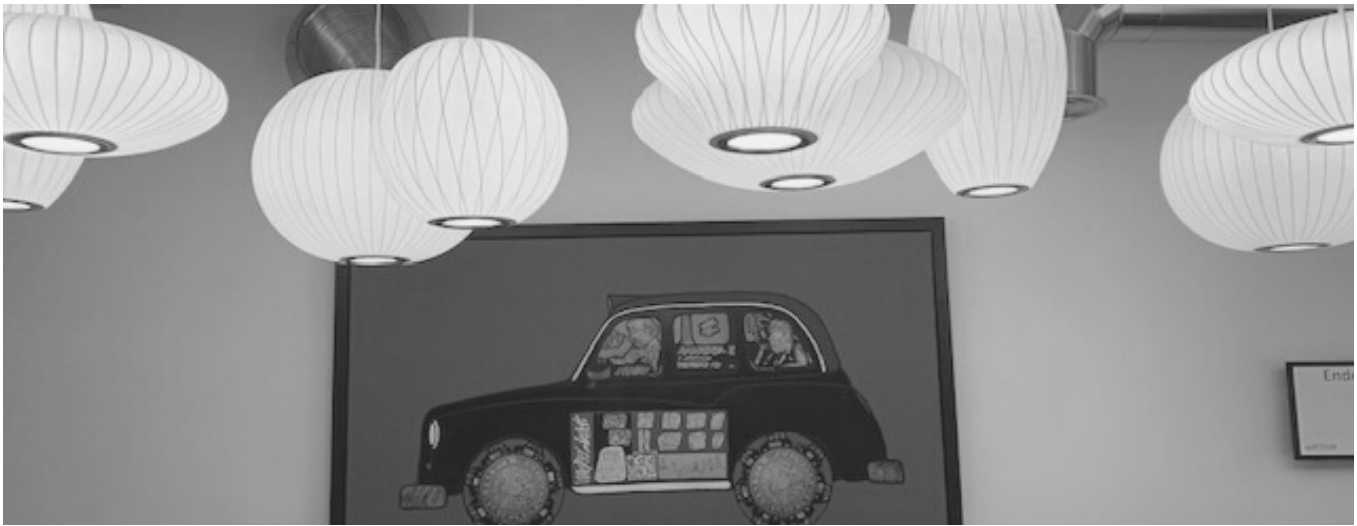
Identify ways you can reward yourself when you make progress towards your goal.

Have you researched your goal thoroughly to make sure it is realistic and therefore achievable?

3) Commitment

Visualise how life will look once you have achieved your goal. This will give you commitment to achieve it.





LOCKE AND LATHAM'S 5 PRINCIPLES

4) Feedback

Give yourself time each week to analyse your progress. What has worked? What hasn't? Make any adjustments needed.

Ask for feedback if you can. Break bigger tasks into smaller chunks.

5) Task Complexity

Give yourself plenty of time if the goal is complex, pressure is good but not too much. Are they realistic? If you are starting to feel stressed perhaps you need reassess the goal. Break the goal down as above.

Stay in touch!

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