

The Kaizen of Goal Setting

by: Ke o agile There is an old way of goal setting and a new way of goal setting! The old way of goal-setting involved setting your goals, preparing a list of sub-goals, and then carefully checking them off one after another (as and when they were being accomplished). Am I trying to pour cold water on the goal setting method many of us grew up on? Not necessarily. While I am not saying the step-by-step approach does not work, I am advocating a flexible-goal setting approach. The flexible goal-setting approach acknowledges the presence of chaos and unpredictability of our modern times, where change is rapid and conditions shift in an instant. What's more, a tiny weeny change nowadays has the potential to create major upsets and instability. Enter the flexible goal-setting system. And, this is how it operates. Set big-picture, life-enhancing goals with flexible sub-goals that you can adjust to fit in with shifting conditions. The simplest way of putting this into practice is to build into your goal-setting, daily incremental steps that aggregate into your vision. Add to this sub-goal A, sub-goal B, sub-goal C, maybe sub-goal D. Remember, each sub-goal must be flexible enough to respond adequately to the requirements of the shifting conditions. You don't want to throw your hands in the air in desperation because your plans and goals have been derailed, do you? Well, the 'Kaizen of Goal Setting' is about knowing the difference between the old and the new, and applying it to your goal setting.

About the Author

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