Goskills

Setting a Vision: How to Gain Clarity on Your Goals

GoSkills online course syllabus

Skill level
Beginner

Lessons
18

Accredited by
Verified by GoSkills

Pre-requisites
No prior experience needed

Video duration
45m

Estimated study time
45m 24s

Instructor
Mechelle McDonald

Introduction

1 ## Envisioning your target

Having a goal can feel challenging to break into actionable steps, gain clarity, and conquer.

Personal Goal Identification and Exploration

2 ## Identify your personal goals

Knowing your personal goals provides clarity on what you view as the most important future achievements in your life.

3 ## Identify your why

Emotions can help you recognize which goals are most symbolic and vital.

4 ## Selecting a top goal

There is often a goal that resonates more deeply than others; inciting strong commitment, passion and drive.

5 ## Create a goal timeline

Creating a goal timeline makes you more accountable and more likely to actively pursue your goal.

Analyze the Obstacles

6 ## Identify your fears

When you acknowledge what is holding you back from achieving your goal, you can begin to clear your path forward.

7 Tangible and intangible fears

Classifying your obstacle as tangible or intangible can help you identify how best to approach it mentally and emotionally.

8 Your biggest obstacle

Identifying your biggest blocker to goal success is a necessary step to gain clarity.

9 Assess the why

Identifying the obstacle that is outweighing your biggest reason for achieving your goal is intimidating.

Reframe and Refocus

10 Reframe your perspective

You can shift your mindset in support of your goal timeline. After this lesson, you'll able to gain a new perspective that matches your goal timeline.

11 Transform your obstacles

Through utilizing a growth mindset your obstacle can change from a con to a pro.

12 Adjust your timeline

Restructuring your timeline is natural and at times necessary when creating a more detailed outline.

Redefine the Roadmap

13 Essentials for goal support

The essentials are the critical small details needed to make your goal timeline more efficient and strategic.

14 Milestone development

Setting milestones are an effective way to acknowledge major progressive steps within your goal.

15 Make it visible

Placing a visual representation of your goal where it is constantly seen is key.

16 Tracking methods

Tracking your goal progress has numerous benefits.

17 Visualization as an ally

Visualization is one of the most powerful, free tools to help you stay clear with your goals.

Next Steps

18 Long term results

Thanks for watching this course! You have the tools and ability to clarify your vision, set goals, and conquer your goals.

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