



Here are the seven most common mistakes I see people make when it comes to setting personal & professional goals. Read these to be better prepared to set & achieve your goals:

1. **They don't write them down.** Unless a goal is written, it is merely an aspiration, like a New Year's resolution or birthday wish as you blow out your candles. By making the time to commit it to writing, you set something in motion. You have taken the time to clarify what you truly want.
2. **They don't make them specific.** Most goals—even written ones—suffer from being too vague. “I want to more money” this is too general. Exactly how much do you want to see in your bank balance? What exact date do you want it there by? With this date you set a deadline for your goal.
3. **They create too many.** If you set 52 goals how do you decide which ones to focus on. Think of the Confucius proverb, “Man who chases two rabbits catches neither.”
4. **They only set them for one area of their life.** Many people are accustomed to the idea of setting career goals. But life is far more than your job. If you are going to be happy and fulfilled, you need goals spread over each of the major areas of life—spiritual, physical, marital, career.
5. **They don't keep them visible.** How many times have you written down a set of goals and never looked at them again? Or put by your bedside, they slip under the bed to get covered in dust along with 3 self-development books you started last year. Everyone has done this, I've done this in the past too. That's why your goals need to be so amazing that you are inspired to look at them daily.
6. **They don't stretch you out of your comfort zone.** Safe goals are boring goals. We are fooling ourselves and limiting our capacity to do, be and have more by setting safe goals. Unless we set our goals outside our comfort zone, we won't find them inspiring and challenging enough to actually follow through and achieve them.
7. **They don't make them personally powerful.** If you look at your goals and think “I might do something towards this goal today” then you have set the bar too low. This is why you need to identify your WHY. Your motivation for each goal. When you pursue inspiring goals, it is exhilarating. When you achieve them it is empowering.

Now that you know the 7 common mistakes people make, look out for our upcoming short article on ways to set huge achievable goals using MindStore's proven techniques and tools.