



PERSONAL GOAL SETTING

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SETTING PERSONAL GOALS FOR THE YEAR AHEAD.

Goals provide a compelling reason to act. They serve as the driving force behind our efforts, turning abstract aspirations into concrete targets. When we have a clear endpoint in mind, motivation becomes the fuel that propels us forward, especially during challenging times.

Personal goal setting is a journey that begins with reflection and uses the power of the SMART Goals framework.

Use your past year reflections you have identified and apply these to the SMART Goals format to define specific personal goals for the year ahead.

Whether it's related to health, relationships, personal development, professional development, career or hobbies, you'll build a practical understanding of how to tailor this framework to your unique objectives.

EXAMPLE: SETTING YOUR PERSONAL GOALS

Personal goal setting is a journey that begins with reflection and uses the power of the SMART Goals framework. Use the past reflections you have identified and apply these to the SMART Goals format to define specific personal goals for the year ahead.

Break down each goal into actional steps, like the example table below.

<p>Personal Goal 1</p> <p>To climb at least one mountain per month by the end of 2024</p>	<ul style="list-style-type: none">• Identify all 12 mountains to climb• Schedule first 3 mountains in my calendar• Research logistics i.e. travel time, parking, equipment needed etc
<p>Personal Goal 2</p> <p>To increase the number of books read from 1 x month to 2 x month, completing 24 in total by December 2024.</p>	<ul style="list-style-type: none">• Identify three titles I'd like to begin with and the reasons why these are my first choices• Plan in priority order• Create a deadline for completing each• Create an action plan to review the learnings at the end of each book• Start reading!
<p>Personal Goal 3</p> <p>To exercise for a minimum of 30 min, 3 x per week every week for the next 3 months</p>	<ul style="list-style-type: none">• Create a personal exercise plan and identify fitness goals• Decide the type of exercise that will help me meet these goals• Identify where or how I will do this exercise i.e. gym, at home, pilates, PT instructor• Book regular exercise sessions into my calendar• Book a regular review of progress against fitness goals• Agree milestones to celebrate success and enjoy a treat!

ACTION: **SET YOUR PERSONAL GOALS**

Now time to fill in your own! List your personal goals and actionable steps using the SMART framework in the table below.

Personal Goal 1	•
Personal Goal 2	•
Personal Goal 3	•

CONGRATS, YOU NOW KNOW HOW TO SET YOUR PERSONAL GOALS FOR THE YEAR AHEAD

We hope you have found this toolkit valuable and are ready to implement everything you have learnt.

Did you know we have a complete masterclass on setting your personal and professional goals for the year ahead?

Join Fabric today and gain access to 1-1 coaching sessions, monthly masterclasses, a place on our award-winning 12-week Master Strategy Programme and so much more.

AMBITION HAS NO LIMITS



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