

9 Considerations for Goal Setting

No Riding Experience Necessary

Presented by

Liz Jansen

9 Considerations for Goal Setting

Understanding your purpose in life gives you a sense of direction. Goal setting moves you in that direction keeps you focused, energy efficient and fulfilled. Whether it's heading out to a favorite destination, going out for an unstructured Sunday cruise, or tackling a Round-The-World adventure, there is some sort of a goal when you go out on your motorcycle.

Here's how to create goals that guarantee success, whether you're on a country road or your life's path.

1. **Establish your goal.**

Where is your heart leading you? It can be anything, just pick SOMETHING that falls into line with what you really want to do. Picture sitting in your rocking chair at the end of life and having nothing left on your bucket list.

2. **Confirm this is what YOU want,** not what someone else wants you to do.

Listening to and following your heart, while not easy, will never steer you wrong. What are your likes, interests and dislikes? Acknowledge whatever fears and doubts are trying to dissuade you, recognize they are only trying to protect you and then park them.

3. **Establish stretch goals.**

It's the only way you'll grow. Set the long term goal and then identify the steps you need to get there. (See # 6). Make all of them manageable and achievable.

4. **Be realistic.**

What is the current reality? Keep questioning yourself and others to get to the facts. Words like "never," or "always" rarely apply. And of course the words "would of/should of/could of" have no business here.

5. Operate within your skill level.

Again, be realistic. A student in my beginner motorcycle course had a 1,000 cc, very powerful sport bike, which he'd already crashed once, as his first bike. Much as he thought he had the skills to operate it, there's no way a new rider is ready to handle such a machine. When we do the same thing is life – i.e. tackle something beyond our physical skills, emotional capability or mental prowess, we're setting ourselves up for failure.

6. Develop the skills you need.

Once you know where you're going and what your current reality is, you can determine what you need to get you there. Whether it's taking a course, cross-training, finding a mentor, or engaging in progressively more challenging experiences, set your plan in action.

7. Be prepared to change direction.

Life throws us curve balls. Our interests and life circumstances change. We go around a bend in the Road and find something we didn't expect. Or a Detour sign sends us in a different direction. There's nothing wrong with reassessing our goal in the light of new internal or external information.

8. Focus on where you want to go. Whatever your goal is, focus on it and apply your energy towards achieving it. Don't be distracted by things that are out of scope or out of your control.**9. Go.** This can be the hardest thing to do. Just take one step. That's all you ever need to think about – taking the next step. Nothing is carved in stone and Roads can change with new information.