

Success Through Goal Planning

People Rich firmly believes that documenting measurable goals and monitoring their progress is the most effective way to fast-track and increase the likelihood of personal and professional success.

The Success System

The People Rich Success system is so comprehensive that it looks at the 14 inhibitors or barriers that may be hampering your progress, it offers the proven 8 step goal process, and it includes the 8 accelerators or enablers that speed the success process. Basically, it is about remedying any barriers that are holding you back, giving you a clear work path about what to do, and offers the fuel to the fire of success through the enablers.

Human beings are naturally goal oriented. Whether it is to get to work on time, get food or drink, or to achieve something special, you are always striving to accomplish some goal. Of course, the goals People Rich are concerned with are those that have significant impact on your life. In fact, People Rich have developed techniques to help identify your purpose in life. Having a purpose includes having meaningful goals that you are striving toward.

Defining a Goal

So what is a goal? [The Oxford English dictionary](#) defines goals as "the object to which effort or ambition is directed; the destination of a (more or less laborious) journey," and it is often the journey that is important as it helps create our character. Who we become in the process is often just as important as the goal outcome we achieve.

For a goal to be purposeful we believe it needs to:

- involve effort by the goal maker;
- include a suitable reward that acts as a motivator;
- have a date set for its completion;
- be measurable in order to track progress and determine completion; and
- result in something positive that offers some form of value.

A superb goal is one that:

- is achievable, but challenging;
- is measurable;

- requires effort;
- makes you grow on the journey;
- results in some value-add;
- is something you're passionate about;
- aligns to your own personal values; and
- has meaning to you.

Goals Versus Rewards

Many of us get confused between goals and rewards. For example, if you wanted to have a Porsche, it is likely that the purchase of the car is actually the reward, and that the goal is to save the money for the Porsche. In this way the goal is something that you are working toward and have to work on, whereas the reward becomes the motivator for action.

Rewards may vary considerably and may or may not relate to the goal. For example, you may have a goal of completing a Doctoral degree (e.g., PhD), and the reward is your right to use "Dr" in front of your name. This is an example of where the reward is part of the goal itself, whereas in another example your goal may be to pay off the family home mortgage, and the reward could be a family holiday. In this later example, you may be rewarding the whole family who were all part of the goal realisation. You may have a reward as simple as a book that you want to buy, as it can be a motivator to get you realise the goal. Pick rewards that will encourage you and something that offers you a reason to celebrate.

Goal Workshops

People Rich also run presentations and workshops on the complete goal development and progress. This includes examining the 8 enablers of the 8 Steps to Goal Planning, the 14 Inhibitors that prevent people succeeding, and reviewing how the brain functions to better understand how we can leverage it to succeed.

At the end of a workshop, participants have a list of their own goals, and have an idea of the balance of their goals in regard to work, relationships, family and other life aspects. They also identify likely inhibitors in their lives with remedies to implement, as well as identified enablers that will work for them.

Please send us an email at info@peoplerich.com if you would like more information.

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