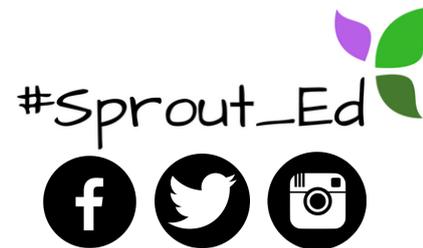


The Lunchtime Money Club



FEBRUARY 2019: BUDGET LIKE A BOSS

WEEK 3: GOAL SETTING



KEY FACTS

- Goal setting is linked to higher levels of success, confidence, motivation and autonomy.
- Setting financial goals can help us stay focused and stick to our budget.
- There are a number of different ways to approach goal setting.
- The key is to make your goal clear and defined, write it down, break it into achievable steps, create and implement a detailed action plan to achieve your goal and track your progress regularly. Goal setting is linked to higher levels of success, confidence, motivation and autonomy.

WEEK 3 TASKS

- Think about one or more financial and/or personal goals you would like to achieve in the next year e.g. paying off a debt or saving for a purpose.
- Use the SMART and/or My Goal MOTIVATES ME process to break down each aspect of the goal.
- If you choose a financial goal, make sure that you set a dollar figure and look at how it sits in your budget. You may need to review your budget or your goal to make sure you can achieve it.
- Create a practical action plan to achieve your goal which includes how you will track your progress.



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My Goal MOTIVATES ME

M Meaningful and motivating: My goal is important to me and helps me stay focused.

O Own it, be optimistic and open: This is my goal, I'm accountable for achieving it, believe I can do it, and am open to the rewards it brings.

T Tangible and time-specific: It has definition and form and I've set key milestones for when I start, progress and achieve.

I Inspiring: I wake up feeling excited about my goal, how far I've come, where it's taking me, and I want to keep going.

V Vision and values: I have a clear idea of what my goal looks like, and it aligns with my core life values.

A Authentic and achievable: This goal reflects who I am and what's important to me; I have the ability and support team to achieve it.

T Trust and transformation: I trust myself, the process, my support team, and the potential for this goal to transform me and my life.

E Effort and energy: Achieving this goal may take a lot of effort and energy, but it's absolutely worth it.

S Specific: I've planned my goal in detail so that I know what I'm achieving and how, with little steps leading to each milestone.

M Measurable: I can track my progress and so I know where I'm at and when I'm getting closer to my overall goal.

E Effective: I will be successful in achieving my goal, and the positive impact will flow to me and other people in my life and community..

Remember: The first step to getting somewhere is to decide that you are not going to stay where you are. Small steps over time create amazing results.



My Goal is

and it MOTIVATES ME

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