Can setting, elaborating and reflecting on goals enhance your performance?

Write down your goals

What is important to me? Where am I going? To write your goals down on paper can be an essential tool to support your potential success. Why? It can be beneficial to you to have your goals written on paper to:

- clarify your needs, wants and priorities;
- provide direction and reference;
- encourage the power of commitment and accountability;
- increase motivation;
- celebrate your successes.

Have a clear objective

“Where do I want to be?” A motivating goal needs to be challenging enough to stimulate you, but not so difficult as to be demoralizing. It should be just outside your comfort zone: stretching but not highly stressful. Be precise about what you want to achieve. As well, consider or list the benefits you would gain by achieving your goal.

What is a MAPS method?

The MAPS method of setting goals allows you to follow a formula to achieve career success. This formula can be applied to both short-term and long-term goals. MAPS stands for:

- **Measurable**: goals are quantifiable;
- **Achievable**: goals are practical and possible;
- **Positive**: will not adversely affect other key areas of life;
- **Specific**: exactly what is to be achieved or accomplished and by when.

Identify one short-term goal that you are willing to complete within the next few months that will help you to achieve your career goal.

Now, rewrite that goal as a MAPS goal: