

Intelligent Goals System

From *Success Intelligence* by Robert Holden



Overview:

The Intelligent Goals System identifies various types of goals, the most essential being ‘Spiritual Goals’ (What is my vision? What do I value most?) and ‘Character Goals’ (Who am I? Who do I want to be?) The clearer you are about these goals, the easier it is to set authentic goals in the other categories. The Intelligent Goals System is divided into three stages – AIM – Assessment, Implementation and Measurement.

Stage One: Assessing your true goals in work, relationships and life. It is looking at the ‘what’ and ‘why’ of goals to determine your true goals and purpose.

Stage Two: Implementing your goals, and establishing the right strategy, timing and methods to effectively achieve them. Steps include identifying internal and external blocks to success, and determining what support you will need to overcome them.

Stage Three: Measuring your progress on goals. This is a regular review of how well you are doing, and affirming your success.

Seven Types of Goals:

Spiritual Goals – Vision & Values

What matters most to you? These goals are the basis for every other goal you set. Ask questions like: What is my true purpose? What do I value most? What do I love?

Character Goals – Being

Who are you? These goals are about finding your voice and discovering your true self. Ask questions like: Who am I? Who is the real me? What sort of person, friend and partner do I want to be?

Achievement Goals – Doing

What do you want to do with your life, work and leisure? These goals include work, projects, education and targets for health, hobbies, leisure and travel. Ask yourself: What are my strengths? What do I most enjoy? What do I want to do before I die?

Acquisition Goals – Having

What are your financial and ownership goals? These goals include income, savings, and other tangible things. Ask yourself: What is my financial goal? What home, car, clothes, things do I want to own? What are the real priorities on this list?

Relationship Goals – Giving

How will you maintain and grow your relationships? These goals are about the essential qualities of relationships, such as intimacy, communication, forgiveness and love. Ask yourself: What is my gift for this person? How do I give my true self, and proper time, energy and attention to my relationships?

Destination Goals – Going

Where do you want to be in the future? These goals are focused on where you are heading and when you want to get there. Ask yourself: What are my career goals? How far can I develop a talent? Where do I want to be living in 10 years? Write your own obituary and describe the most valuable successes you have enjoyed by the end of your life.

Present Goals – Now

How are you making the most of today? These goals are about happiness now, success today, precious moments, and living all the days of your life – being focused, congruent and present. Ask yourself: What is it that I most value about this day? How can I make the most of my life today?