

A TOOLKIT

FOR GOAL SETTING

THE
**MEL
ROBBINS**
PODCAST

READY TO SET THE RIGHT GOALS THIS YEAR?

I've got you. Listen to "A Toolkit For Goal Setting" on The Mel Robbins Podcast and follow these steps with me.

Don't worry about getting answers right; this is just a resource for you to go deeper into the podcast.

Let's begin with the basics. In the podcast, I shared Dr. Birkman's new definition of "a goal."
Write that here:

What's the most important element of a goal?

After listening to my very general goals, where I describe the areas of my life that I want to change, it's your turn. In what parts of your life do you want to inspire change? It's okay to keep these statements general now, because you will refine them later!

1.

2.

3.

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What if you don't have any goals and have no idea where to start? No problem! I offer four powerful science-backed tips to help you identify what's important to you. Write those here.

1. _____

2. _____

3. _____

4. _____

Now before you start working on your goals, you have to look at your goals and make sure they have TWO important elements that come from research out of the University of Oregon. If your goals don't have these two elements, you're not going anywhere. Write those here:

1. _____

2. _____

There are five mistakes research says we all make when we start working on our goals. Identify these mistakes here and what you can do instead.

Mistake #1: _____

How this applies to my goal: _____

Mistake #2: _____

How this applies to my goal: _____

Mistake #3: _____

How this applies to my goal: _____

Mistake #4: _____

How this applies to my goal: _____

Mistake #5: _____

How this applies to my goal: _____

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Note that with Mistake #4, there is an important question to ask yourself that comes out of research from Columbia University. Did you catch that question? Write it here.

Now once you establish your goals, tap into what scientists call “illusionary goal progress” and start with a super simple first step. I give you a couple suggestions in the episode, but what will your first step be?

According to the University of Pennsylvania School of Medicine, when should you start on your goal once you set it?

Now for THE most important, life-changing part of goals that you have to know. There is something called the “arrival fallacy,” and you don’t want to fall into its trap when it comes to the goals you set in your life. After listening to this part of the episode, describe in your own words what this means to you and how you can avoid it.

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Now write one to three goals of your own, using all the tools you've just learned from this Masterclass on Goal-Setting.

1. _____

Optional: Goal #2. _____

Optional: Goal #3. _____

CONGRATULATIONS!!!

**You've already started working on your goals just by
completing this exercise!**

Now you've got the framework to continue setting the best and most effective goals for 2023 and beyond. I can't wait to hear what you're doing! Tag me on social media @melrobbins

Stay tuned for the next Masterclass in this series where I teach you about the three important parts of new habits.

NOTES:

[illegible]

TAG ME ONLINE AND TELL ME WHAT YOU'VE LEARNED.



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