

# GOALS

By

Syeda Henna Babar Ali

# Goals

- What are goals?
- It is the definition of objects, targets, milestones you want to achieve.
- Goals need to be specific
- Measurable
- Time bound

# GOALS

- Short-term goals defined as monthly or weekly goals
- Long term goals annual, five years or 10 years
- First make your 5-10 year goals
- Then annual
- Then Monthly
- Then weekly
- Then daily

# Why Goals?

- Goals enable you to plan your life
- If you follow your goals on a daily, weekly, annual basis, you make events happen, life doesn't happen to you.
- It gives you a road map of where you are today, and defines the steps you need to take to get to where you want to be.

# Goals

- Why are they important?
- Goals give structure and organization to your life
- They enable you to take control of your life and your time
- Goals enable you to focus on what is really important to you
- Goals enable you to not pay attention to trivia.

# Goals

- Enable you to live with a purpose
- Enable you to have an aim or aims in life
- Enable you to think that you are and have value and can also create value for yourself and others.
- Goals are the sign posts of a purpose driven life.
- We all have a purpose, it is up to each one of us to find our purpose and then live according to it.
- The goal post and guide is within each of us, our conscience, not our Ego!

# Goals

- Give a meaning to life
- Enable you to plan and set the trajectory of where you want to be and when
- Enable you to plan how to get there
- Enable you to celebrate life as you achieve each milestone with humility, prayer and gratitude.