

## Sight-Setter

**Where you place your attention is where you go.**

Knowing what your goals are and knowing when to adjust or adapt them is a wonderful tool in life called "adjusting your sight-setter". The sight-setter is not the goal itself, but the tool used to set goals, re-visit and question them, so you know when to "go for" goals and when to back-off of your pursuit.

Using the sight-setter tool helps create an awareness of the obstacles that are in the way of goals. Once you're aware of the obstacles, you can work on your ability to be compassionate towards the cause of the obstacle and towards the results of the obstacles — the things you learn.

Questions to ask yourself to help you become aware of where you are focusing your attention and how it may or may not serve you in achieving your personal and professional goals:

- What do you think of personal change and the achievement of personal goals?
- Do you believe you can achieve the behavioral or personality changes you want?
- What was the last personal goal you achieved — something that you worked on for yourself? (For example: "I wanted to get better at telling jokes, so I practiced and am now able to tell some good ones.")
- What inspired you to achieve that personal goal?
  - How long did it take you?
  - What were the significant obstacles?
  - What positive and negative thoughts, fears, insecurities, etc., did you have about it?
    - Positive self-talk:
    - Negative self-talk:
  - Did you believe you would succeed, or not?
  - How did your positive and negative thoughts impact your achievement of the goal that you did accomplish?
- What was the last personal goal you had that you did not achieve?
  - How long did you spend working on it?
  - What were the significant external obstacles?
  - What were my significant internal obstacles?
  - What positive and negative thoughts, fears, insecurities, etc., did you have about it?
    - Positive self-talk:
    - Negative self-talk:
- How did your positive and negative thoughts impact your achievement of the goal that you did not accomplish?