

Objective Setting Workbook 1

Activate your true potential today!



Freedom Learning - for everyone for life!

Table Of Contents

Key Points	2
Exercises	3
Activities	4
Reflections	5
Action Plan	6

Key Points

- **Power of Objectives**

- “If you aim at nothing, you will hit it every time.” — Zig Ziglar
- “Setting goals is the first step in turning the invisible into the visible.” — Tony Robbins

- **Six Stages of Effective Goal Setting**

1. **State the Goal** - Define exactly what you want to accomplish.
2. **Objective Setting & Research** - Gather information, study precedents, and learn best practices.
3. **Measurable & Achievable** - Break the goal into smaller, quantifiable milestones.
4. **Relevant & Time-bound** - Ensure the goal aligns with your values and set a clear deadline.
5. **Persistence & Adaptation** - Expect setbacks, learn from failures, and refine your approach.
6. **Achieving Success** - Celebrate milestones and recognize the impact of your achievement.

- **Historical Case Study: The Wright Brothers**

- **State the Goal:** Build a human-carrying flying machine.
- **Research:** Studied aerodynamics, bird flight, and prior experiments.
- **Measurable Milestones:** Prototype gliders → controllable powered flight.
- **Relevance & Deadline:** Revolutionize transportation—urgent passion.
- **Persistence:** Iterative prototypes despite failures.
- **Success:** December 17, 1903—12-second, 120-foot flight at Kitty Hawk.
- **Legacy:** Paved the way for modern aviation and global connectivity.

Exercises

Exercise 1: Your Wright-Brothers Goal

1. **State** your personal or professional goal.

My Personal Goal

2. **List** the research you need to conduct.

3. **Break** the goal into three measurable milestones.

Milestone #1

--

Milestone #2

--

Milestone #3

--

4. **Set** a deadline for each milestone.

Milestone #1	
Milestone #2	
Milestone #3	

Activities

Activity 1: Goal Visualization

- **Draw** or **sketch** your ultimate goal as you imagine it achieved.
- **Annotate** the visual with key feelings, sights, or outcomes you expect.

Activity 2: Accountability Partner

- **Pair up** with a colleague or friend.
 - **Share** your stated goal and milestones.
 - **Schedule** two check-in dates in the next month to review progress.
-

Reflections

1. **Alignment:** How does your goal connect to your long-term vision or values?

2. **Measurability:** Are your milestones truly measurable? How will you track them?

3. **Adaptation:** What have you learned from past setbacks that will help you persist?

Action Plan

1. **Finalize** your written goal and milestones today.
 2. **Block** time on your calendar for your first research task.
 3. **Set up** your accountability check-ins with your partner.
-

Final Summary

Setting clear, well-structured objectives transforms aspirations into actionable plans. By following the six-stage framework—defining your goal, researching effectively, ensuring measurability, maintaining relevance and deadlines, persisting through setbacks, and celebrating your success—you harness the same disciplined approach that powered the Wright Brothers' historic flight. Remember to visualize your outcome, enlist accountability, and continuously adapt. With thoughtful planning and unwavering commitment, your goals become the milestones of your future achievements.

Good luck, and keep practicing !

Inspiring Quote “The more I study the world, the more I am convinced of the lack of limitations in setting human goals.” — Orville Wright