

Design Your Perfect 2020

Design Your Perfect 2020

How to Create Powerful Goals
and Actually Stick to Them



MICHAEL HYATT & CO.

강의명: Design your perfect 2020 (webinar)
연사: Michale Hayatt
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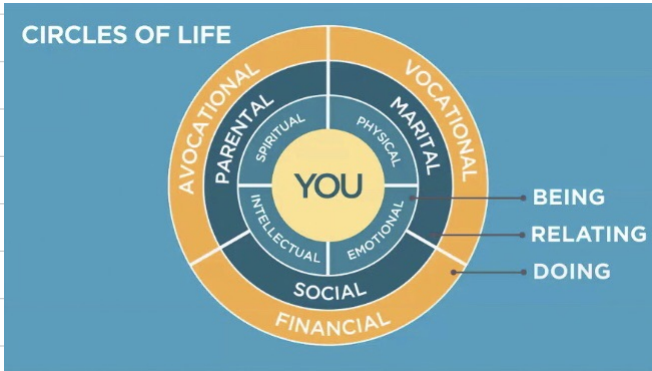
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Topic: How to Create Powerful Goals and Actually Stick to Them

5 Proven Strategies to stick Your Goals In 2020

Strategy #1. Get specific about what you want



↓
"3 circles of life domain"

① Write down Specific!!

- 마이클 하얏트가 따르면, 자신이 강의를 다닐 때마다 청중들을 대상으로 자신적 목표를 구체적으로 적는 사람이 몇이나 되는지 조사해보면 5~10% 정도라고 한다.
- Dr. Gable (캘리포니아 대학 교수)의 연구에 따르면 목표를 구체적으로 적으면 달성 확률이 42% 늘어난다

② Be specific!

- Good example: Increase revenue.
- Better example: Line up five additional elite coaching clients.

구체적으로 적어야만 (알성하고과하는 열망↑)
(행동으로 옮길수 있는 가능성↑)

⇒ specificity matters because it makes our aspirations actionable!

* simple step. write a list of 7 to 10 specific goals you'll pursue in coming year.

Strategy #2: Concentrate your effort on just a few goals

① 2 to 3 critical goals per quarter

한번에 10가지 목표를 전부 달성하려고 하면 집중할 수 없다.
1분기당 2~3 가지의 목표에 집중하여, 나머지 공략하라.

* Simple step. Get clear on the two or three goals on which you'll concentrate your effort during the first quarter.

⇒ If there are too many goals which you want to achieve at once, you can make accomplish nothing!!
choose just 2 ~ 3 critical goals to focus on per quarter.

Strategy #3: Aim for your discomfort zone

- nothing great happens inside your comfort zone!!
 - If your dreams are inside your comfort zone, they're not really dreams!
 - If you want to experience something different, you gonna do something different
- ⇒ Comfort zone 을 벗어나라! 그래야 위대한 성과를 이룰 수 있다.
comfort zone 안에 있는 꿈은 진정한 꿈이 아니다.



Comfort zone

- Know how to do it again
- No fears
- No doubts

★ Discomfort zone ★

- Fear
- Uncertainty
- Risky

} There is something actually we wanna be

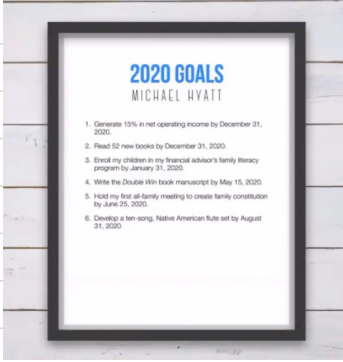
→ We need positive indicators to reframe our mind set.

Some risk is the best Delusional zone bet to achieve what you want!

* Simple step. Make sure each of your goals is in the discomfort zone.

Strategy #4: Keep track of your progress

- make Visible. Remember. → Out of sight, out of mind!
 - review your goal some kind of regular base. → check regularly
- 마이클 하얏트는 자신의 연간 목표를 잘 보이는 곳에 걸어놓고 정기적으로 체크한다.
또한, 피하고 싶을 때면 이 목표를 필사하기도 한다.



목표 달성 전략을 tracking 할 수 있는 시스템을 만들 것.

★ make daily, weekly habit.

→ It will drive you to achieve your goal.
entire goal을 세부화하여 진행 정도를 check 하기 위해 지속적으로 행동이 올바른 습관이 필요하다.

You can make the biggest goal be attainable if you follow up these things!

→ Keep in track in a progress

★ Simple step. Decide how you will track your goals.

Strategy #5: Enlist the support you need

- A goal representative "new ground" (discomfort zone)

many people thinks that we have to go alone. But... Why?

- other people → extend our resources

- companionship is very important!!

We don't have to go alone!!

함께 하고 도움을 적극적으로 요청하라!

encourage each other. Let other people join your journey.

★ share your goals selectively. not publicly.

목표를 공유하라. (자기선언 효과). 단, 당신이 목표를 달성하는데 진정 도움을 줄 수 있는 사람끼리, 선별적으로! → "Talking" becomes to substitute for (참고: 2010 TED Talk by Deric) "doing". 연기에 따르면 우리 라는 말하는 것은 행하는 것으로 착각한다!!

★ Simple step

Find a supportive community to pursue your goals with



Strategy #1: **Get specific about what you want.**



Strategy #2: **Concentrate on a few goals.**



Strategy #3: **Aim for your discomfort zone.**



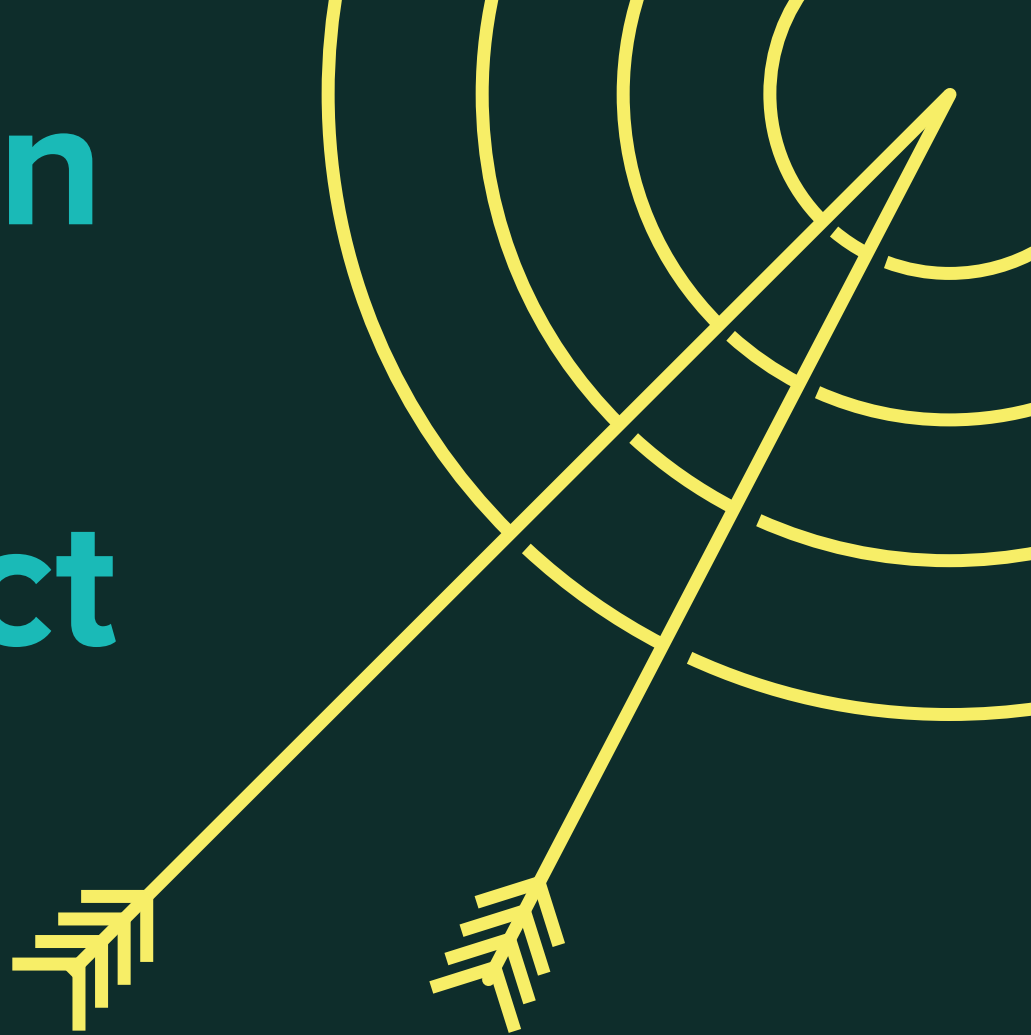
Strategy #4: **Keep track of your progress.**



Strategy #5: **Enlist the support you need.**

Design Your Perfect 2020

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Webinar Brief

How to Create Powerful Goals and Actually Stick to Them



MICHAEL HYATT & CO.

Design Your Perfect 2020

How to Create Powerful Goals
and Actually Stick to Them

Michael Hyatt

Thank you for joining us for the webinar! We've consolidated all of the notes and most valuable action items into this briefing. Take time to review it now and schedule the next steps you can take to apply what you've learned.

STRATEGY 1

Get specific about what you want.

Begin with the end in mind.

Ask yourself these questions:

- ▶ At the end of this year, what will I want to have achieved?
- ▶ What will I regret not doing?
- ▶ What will matter most to me?

Consider multiple life domains.

Clarifying your priorities will help you avoid one of the most common goal-setting mistakes: tunnel vision.

We must address each of the three “Circles of Life”.

The Circle of Being

- ▶ Spiritual
- ▶ Physical
- ▶ Intellectual
- ▶ Emotional

The Circle of Relating

- ▶ Marital
- ▶ Parental
- ▶ Social

The Circle of Doing

- ▶ Financial
- ▶ Vocational
- ▶ Avocational

Write down specific goals.

"We tend to judge others by their behavior, and ourselves by our intentions."

—Albert Schlieder #designyour2020

Specificity matters because it makes our aspirations actionable.

"Dreams may be imaginable but goals are actionable." —Michael Hyatt

Simple Step

Write a list of 7 to 10 goals you'll pursue in the coming year.

STRATEGY 2

Concentrate your effort on just a few goals.

When it comes to goal-setting, many of us try to do too many things simultaneously.

When we jot down 25 things we hope to accomplish, we are sabotaging our own aspirations.

Laser focus is essential to achieving big goals.

“Man who chases two rabbits catches none.” —Ancient Proverb

You should set 7 to 10 goals for the year.

Then, select 2 to 3 goals to focus on per quarter.

Simple Step

Get clear on 2 or 3 goals that you'll concentrate on first.

STRATEGY 3

Aim for your discomfort zone.

The things you really want and really care about are going to take more effort to attain.

The truth is that nothing great happens inside your comfort zone.

If you want to experience something different, you have to do something different.

"If your dreams are inside your comfort zone, they're not really dreams."

—Michael Hyatt

Three zones in goal setting:

- ▶ The Comfort Zone
- ▶ The Discomfort Zone
- ▶ The Delusional Zone

It sounds counter-intuitive, but the discomfort zone is actually where you want to be.

Three seemingly negative emotions you'll face in the discomfort zone.

- ▶ Emotion 1. Fear: "I'm afraid I might fail."
- ▶ Emotion 2. Uncertainty: "I'm not sure how to get there."
- ▶ Emotion 3. Doubt: "I'm not sure I have the resources."

STRATEGY 4

Keep track of your progress.

One of the most lethal mistakes people make with goal-setting is failing to keep their goals visible.

You need a plan to keep them visible, whether that means reviewing them daily, or weekly, or some other regular interval.

As the old adage goes, "Out of sight, out of mind."

If you only offer your goals the time, attention or focus you have leftover, you'll never make meaningful progress.

That's why we need a clear plan to keep our goals visible.

Simple Step
Decide how you will track your goals.

STRATEGY 5

Enlist the support you need.

Many of us try to achieve big, sweeping goals on our own and find ourselves discouraged or overwhelmed.

A goal represents new ground, new territory.

One of the best ways to get through the messy middle is companionship.

By working together we mutually reinforce positive behaviors.

According to Derek Sivers, telling everyone your goals makes them less likely to happen.

It is because you get the psychological satisfaction of accomplishing the goal without having to actually do the work.

The bottom line is that you should only share your goals with those who are actively committed to helping you achieve them.

Simple Step

Find a supportive community to pursue goals with.