

2023 goal setting worksheet

A Critical Analysis of the 2023 Goal Setting Worksheet: Reflecting Current Trends in Productivity and Personal Development

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Publisher: Success Strategies Publishing, a leading publisher of self-help and business development resources with over 20 years of experience in the industry.

Editor: Amelia Hernandez, experienced editor with a decade of experience in editing business and self-help publications, specializing in clarity and SEO optimization.

Keywords: 2023 goal setting worksheet, goal setting, productivity, personal development, self-improvement, goal achievement, SMART goals, planning, time management, 2023 goals

Summary: This analysis explores the impact of the increasingly popular "2023 goal setting worksheet" on current trends in productivity and personal development. We examine its strengths and weaknesses, considering its alignment with modern methodologies like SMART goals and agile planning. The analysis also highlights the potential pitfalls of relying solely on worksheets and emphasizes the importance of integrating them into a broader personal development strategy.

1. Introduction: The Rise of the 2023 Goal Setting Worksheet

The new year always brings a wave of self-improvement enthusiasm, and 2023 is no exception. A key tool in many people's resolutions is the ubiquitous "2023 goal setting worksheet." These worksheets, available in countless variations online and in print, promise a structured approach to defining and achieving goals. But are these 2023 goal setting worksheets merely a trendy tool, or do they reflect a genuine shift in how we approach personal and professional development? This analysis will delve into the efficacy of the 2023 goal setting worksheet within the context of contemporary trends.

2. The Strengths of the 2023 Goal Setting Worksheet: Structure and Clarity

One of the primary strengths of a well-designed 2023 goal setting worksheet lies in its ability to provide structure and clarity. The act of writing down goals, breaking them down into smaller, manageable steps, and assigning deadlines forces individuals to confront their aspirations in a concrete manner. This structured approach can be particularly beneficial for individuals who struggle with procrastination or lack focus. Many effective 2023 goal setting worksheets incorporate elements of SMART goal setting (Specific, Measurable, Achievable, Relevant, Time-bound), which further enhances their effectiveness. By utilizing the 2023 goal setting worksheet to create SMART goals,

users are better equipped to track progress and celebrate milestones.

3. Aligning with Current Trends: Agile Planning and Continuous Improvement

The modern workplace and personal development landscape are increasingly characterized by agile methodologies and a focus on continuous improvement. The 2023 goal setting worksheet, when used effectively, can complement these approaches. Instead of setting rigid, inflexible goals, individuals can utilize the worksheet to set quarterly or even monthly objectives, allowing for adjustments based on progress and changing circumstances. This iterative approach prevents stagnation and allows for greater flexibility in the face of unexpected challenges. The 2023 goal setting worksheet can, therefore, become a tool for continuous improvement, supporting regular review and recalibration of goals.

4. Limitations of the 2023 Goal Setting Worksheet: The Missing Human Element

While the 2023 goal setting worksheet provides a valuable framework, it's crucial to recognize its limitations. A simple worksheet cannot account for the complexities of human motivation, emotional intelligence, and the inevitable setbacks that life throws our way. Relying solely on a 2023 goal setting worksheet without considering these factors can lead to disappointment and a sense of failure. Successful goal achievement requires self-awareness, resilience, and the ability to adapt to changing circumstances – aspects that a worksheet alone cannot address.

5. Integrating the 2023 Goal Setting Worksheet into a Broader Strategy

To maximize the effectiveness of a 2023 goal setting worksheet, it's essential to integrate it into a broader personal development strategy. This might involve incorporating mindfulness practices, seeking support from mentors or coaches, developing strong time management skills, and fostering a supportive social environment. The worksheet becomes a tool within a larger system designed for holistic growth and well-being. Simply completing the 2023 goal setting worksheet is not sufficient; it needs to be part of a more comprehensive approach.

6. The Future of Goal Setting Worksheets: Technology and Personalization

The future of the 2023 goal setting worksheet likely involves increased integration with technology and personalization. We can expect to see more sophisticated apps and software that not only provide structured templates but also offer features like progress tracking, habit building tools, and personalized feedback. These technological advancements will enhance the efficacy of the worksheet, making it a more dynamic and responsive tool for achieving goals.

7. Conclusion

The 2023 goal setting worksheet, while not a magic bullet, remains a valuable tool for individuals seeking to achieve their goals. Its strengths lie in its ability to provide structure, clarity, and a framework for planning. However, its limitations must also be acknowledged. To maximize its effectiveness, the 2023 goal setting worksheet should be integrated into a broader personal development strategy that considers the complexities of human behavior and the need for adaptability. The future of goal setting likely involves more personalized and technologically advanced tools that build upon the basic principles of the worksheet, empowering individuals to achieve their fullest potential.

FAQs

1. What makes a good 2023 goal setting worksheet? A good worksheet should be user-friendly, incorporate SMART goal principles, allow for flexibility, and encourage regular review and reflection.
1. How often should I review my 2023 goal setting worksheet? Ideally, weekly or monthly reviews are recommended to track progress and make necessary adjustments.
1. Can a 2023 goal setting worksheet be used for both personal and professional goals? Yes, the principles are applicable to both spheres of life.
1. What if I don't achieve all my goals using a 2023 goal setting worksheet? Don't get discouraged! Focus on what you've accomplished and learn from any setbacks.
1. Are there different types of 2023 goal setting worksheets? Yes, they vary in format, complexity, and the specific areas of life they focus on (e.g., career, health, relationships).
1. Is it necessary to use a physical 2023 goal setting worksheet, or can I use a digital one? Either format can be effective; choose whichever suits your preferences and workflow.
1. Can I use a 2023 goal setting worksheet if I'm not good at planning? The worksheet itself is a

tool to help you plan; it doesn't require prior planning expertise.

1. How do I make my goals on my 2023 goal setting worksheet more achievable? Break them down into smaller, manageable steps and set realistic timelines.

1. Where can I find a 2023 goal setting worksheet template? Numerous free and paid templates are available online through various websites and productivity apps.

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2023 goal setting worksheet: The ONE Thing Gary Keller, Jay Papasan, 2013-04-01 • More than 500 appearances on national bestseller lists • #1 Wall Street Journal, New York Times, and USA Today • Won 12 book awards • Translated into 35 languages • Voted Top 100 Business Book of All Time on Goodreads People are using this simple, powerful concept to focus on what matters most in their personal and work lives. Companies are helping their employees be more productive with study groups, training, and coaching. Sales teams are boosting sales. Churches are conducting classes and recommending for their members. By focusing their energy on one thing at a time people are living more rewarding lives by building their careers, strengthening their finances, losing weight and getting in shape, deepening their faith, and nurturing stronger marriages and personal relationships. YOU WANT LESS. You want fewer distractions and less on your plate. The daily barrage of e-mails, texts, tweets, messages, and meetings distract you and stress you out. The simultaneous demands of work and family are taking a toll. And what's the cost? Second-rate work, missed deadlines, smaller paychecks, fewer promotions--and lots of stress. AND YOU WANT MORE. You want more productivity from your work. More income for a better lifestyle. You want more satisfaction from life, and more time for yourself, your family, and your friends. NOW YOU CAN HAVE BOTH — LESS AND MORE. In The ONE Thing, you'll learn to * cut through the clutter * achieve better results in less time * build momentum toward your goal* dial down the stress * overcome that overwhelmed feeling * revive your energy * stay on track * master what matters to

you The ONE Thing delivers extraordinary results in every area of your life--work, personal, family, and spiritual. WHAT'S YOUR ONE THING?

2023 goal setting worksheet: The 12 Week Year Brian P. Moran, Michael Lennington, 2013-05-15 The guide to shortening your execution cycle down from one year to twelve weeks Most organizations and individuals work in the context of annual goals and plans; a twelve-month execution cycle. Instead, The 12 Week Year avoids the pitfalls and low productivity of annualized thinking. This book redefines your year to be 12 weeks long. In 12 weeks, there just isn't enough time to get complacent, and urgency increases and intensifies. The 12 Week Year creates focus and clarity on what matters most and a sense of urgency to do it now. In the end more of the important stuff gets done and the impact on results is profound. Explains how to leverage the power of a 12 week year to drive improved results in any area of your life Offers a how-to book for both individuals and organizations seeking to improve their execution effectiveness Authors are leading experts on execution and implementation Turn your organization's idea of a year on its head, and speed your journey to success.

2023 goal setting worksheet: EntreLeadership Dave Ramsey, 2011-09-20 From the New York Times bestselling author of The Total Money Makeover and radio and podcast host Dave Ramsey comes an informative guide based on how he grew a successful, multimillion dollar company from a card table in his living room. Your company is only as strong as your leaders. These are the men and women doing battle daily beneath the banner that is your brand. Are they courageous or indecisive? Are they serving a motivated team or managing employees? Are they valued? Your team will never grow beyond you, so here's another question to consider—are you growing? Whether you're sitting at the CEO's desk, the middle manager's cubicle, or a card table in your living-room-based start-up, EntreLeadership provides the practical, step-by-step guidance to grow your business where you want it to go. Dave Ramsey opens up his championship playbook for business to show you how to:

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EntreLeadership is a one-stop guide filled with accessible advice for businesses and leaders to ensure success even through the toughest of times.

2023 goal setting worksheet: The Art of Non-Conformity Chris Guillebeau, 2010-09-07 If you've ever thought, There must be more to life than this, The Art of Non-Conformity is for you. Based on Chris Guillebeau's popular online manifesto A Brief Guide to World Domination, The Art of Non-Conformity defies common assumptions about life and work while arming you with the tools to live differently. You'll discover how to live on your own terms by exploring creative self-employment, radical goal-setting, contrarian travel, and embracing life as a constant adventure. Inspired and guided by Chris's own story and those of others who have pursued unconventional lives, you can devise your own plan for world domination-and make the world a better place at the same time.

2023 goal setting worksheet: The Unlikely AchieveHer: 11 Steps to a Happy and Prosperous Life (workbook) Lakisha L. Simmons, 2018-11-09 Are you tired of stopping and starting things, feeling paralyzed, allowing your past to haunt you, or wanting to take your life to the next level? Read this inspiring book, packed with in-depth advice and worksheets, and discover new ways to improve your approach to life and become whatever it is that will make you happy and prosperous.

2023 goal setting worksheet: Being Boss Emily Thompson, Kathleen Shannon, 2018-04-10 From the creators of the hit podcast comes an interactive self-help guide for creative entrepreneurs, where they share their best tools and tactics on being boss in both business and life. Kathleen Shannon and Emily Thompson are self-proclaimed business besties and hosts of the top-ranked podcast Being Boss, where they talk shop and share their combined expertise with other creative entrepreneurs. Now they take the best of their from-the-trenches advice, giving you targeted guidance on: The Boss Mindset: how to weed out distractions, cultivate confidence, and tackle fraidy feelings Boss Habits: including a tested method for visually mapping out goals with magical results Boss Money: how to stop freaking out about finances and sell yourself (without shame) With

worksheets, checklists, and other real tools for achieving success, here's a guide that will truly help you be boss not only at growing your business, but creating a life you love.

2023 goal setting worksheet: Atomic Habits James Clear, 2018-10-16 The #1 New York Times bestseller. Over 20 million copies sold! Translated into 60+ languages! Tiny Changes, Remarkable Results No matter your goals, Atomic Habits offers a proven framework for improving--every day. James Clear, one of the world's leading experts on habit formation, reveals practical strategies that will teach you exactly how to form good habits, break bad ones, and master the tiny behaviors that lead to remarkable results. If you're having trouble changing your habits, the problem isn't you. The problem is your system. Bad habits repeat themselves again and again not because you don't want to change, but because you have the wrong system for change. You do not rise to the level of your goals. You fall to the level of your systems. Here, you'll get a proven system that can take you to new heights. Clear is known for his ability to distill complex topics into simple behaviors that can be easily applied to daily life and work. Here, he draws on the most proven ideas from biology, psychology, and neuroscience to create an easy-to-understand guide for making good habits inevitable and bad habits impossible. Along the way, readers will be inspired and entertained with true stories from Olympic gold medalists, award-winning artists, business leaders, life-saving physicians, and star comedians who have used the science of small habits to master their craft and vault to the top of their field. Learn how to: make time for new habits (even when life gets crazy); overcome a lack of motivation and willpower; design your environment to make success easier; get back on track when you fall off course; ...and much more. Atomic Habits will reshape the way you think about progress and success, and give you the tools and strategies you need to transform your habits--whether you are a team looking to win a championship, an organization hoping to redefine an industry, or simply an individual who wishes to quit smoking, lose weight, reduce stress, or achieve any other goal.

2023 goal setting worksheet: Your Best Year Ever Michael Hyatt, 2023-11-14 We all want to live a life that matters. But too often we find ourselves overwhelmed by the day-to-day. Our big goals get pushed to the back burner--and then, more often than not, they get forgotten. It doesn't have to be that way! This is the year you finally close the gap between reality and your dreams. In this new, fully revised and updated edition of Your Best Year Ever, Michael Hyatt shares a powerful, proven, research-driven system for setting and achieving your goals. You'll learn how to design your best year ever by discovering what's holding you back, how to overcome past setbacks, how to set and pursue worthy goals without quitting, what to do when you feel stuck, and much more. If you're tired of not seeing progress in your personal, intellectual, professional, relational, or financial goals, it's time for you to have your best year ever!

2023 goal setting worksheet: Goal Setting Susan B. WILSON, Michael S. DOBSON, 2008-03-12 Why is it that some people consistently seem to get more done than others? The answer is that they know how to set specific, achievable goals for themselves...and then follow through on them. This revised and updated edition of Goal Setting features worksheets, quizzes, and other practical tools, giving readers powerful techniques they can use to set a goal, make a plan, and acquire the resources and power necessary to achieve their objective. The book shows readers how to: act upon their objectives in a precise, targeted way • recognize obstacles and overcome them • become more assertive • change counterproductive behavior • establish priorities • make the most of their time Achieving goals takes hard work and discipline. This expanded edition of Goal Setting gives readers the tools and techniques to accomplish anything.

2023 goal setting worksheet: Retrain Your Brain: Cognitive Behavioral Therapy in 7 Weeks Seth J. Gillihan PhD, 2016-10-18 The groundbreaking 7-week plan for managing anxiety and depression using cognitive behavioral therapy. Cognitive behavioral therapy (CBT) is one of the most effective techniques for finding relief from depression and anxiety. With this CBT workbook for mental health, psychologist Dr. Seth Gillihan uses his 15 years of experience treating patients to develop a 7-week plan that teaches you practical CBT techniques to help you feel better. Change negative thought patterns—Understand your thoughts and behaviors and replace the ones that don't

serve you with more positive and productive habits. Explore the power of the cognitive behavioral therapy within the book. Cognitive behavioral therapy in 7 weeks—Each activity in this CBT book builds on the previous week's as you explore straightforward, real-life exercises that encourage you to set goals, face your fears, manage tasks, and more. Great for chronic or sporadic anxiety—Whether your difficult feelings occur every day or just sometimes, this CBT workbook is an effective anxiety workbook adult readers can put to use in their daily life. Start wherever you are—Relatable examples make the information and activities more accessible to CBT newcomers of any age or background. Discover the power of cognitive behavioral therapy today with Retrain Your Brain.

2023 goal setting worksheet: Unified Protocol for Transdiagnostic Treatment of Emotional Disorders David H. Barlow, Todd J. Farchione, Shannon Sauer-Zavala, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins, 2017-11-17 Leading therapists and researchers have come to understand that many psychological disorders share common features and respond to common therapeutic treatments. This deepened understanding of the nature of psychological disorders, their causes, and their symptoms has led to the development of new, comprehensive treatment programs that are effective for whole classes of disorders. Unified Protocol for Transdiagnostic Treatment of Emotional Disorders is one such program. Designed for individuals suffering from emotional disorders, including panic disorder, social anxiety disorder, generalized anxiety disorder, posttraumatic stress disorder, obsessive compulsive disorder, and depression, this program focuses on helping you to better understand your emotions and identify what you're doing in your responses to them that may be making things worse. Throughout the course of treatment you will learn different strategies and techniques for managing your emotional experiences and the symptoms of your disorder. You will learn how to monitor your feelings, thoughts, and behaviors; confront uncomfortable emotions; and learn more effective ways of coping with your experiences. By proactively practicing the skills presented in this book-and completing the exercises, homework assignments and self-assessment quizzes provided in each chapter, you will address your problems in a comprehensive and effective way so you can regulate your emotional experiences and return to living a happy and functional life.

2023 goal setting worksheet: Crush Your Goals! Austin Bollinger, 2020-02-11 Are you the kind of person who wants to achieve massive success in your life and finally see your dreams come true? Are you tired of the emotional roller coaster that comes with New Year's resolutions—a surge of motivation on January 1st followed by overwhelming disappointment and failure just a few weeks later? This energizing and action-oriented book will help you trade your old, tired Resolutions for an exciting goal setting strategy that gets real, life-changing results. Crush Your Goals! is an easy-to-use guide that will teach you how to:-- Plan your dream life and overcome the fears that are keeping you stuck-- Identify, set, and achieve long-term, success-driven goals using Austin's new FOCUSED Framework-- Gain the confidence you need to stop quitting and start becoming Better Every Day-- Overcome perfection paralysis, obstacles, setbacks, and even failure-- Take action, set priorities, and stay focused all year long Crush Your Goals! is the first and last book you'll ever need for living the successful life you've been dreaming about. In it, you'll find:-- Four comprehensive sections, from getting started with goal setting to dealing with difficulties, and everything in between.-- Twenty-nine guided worksheets and self-assessments for maximizing your performance and cementing your success.-- Step-by-step, easy-to-implement strategies for setting goals all year long—no more abandoned resolutions! Are you ready to ditch your resolutions and overcome the struggles that have been holding you back? Are you ready to find the clarity, focus, and productivity you've been searching for? Are you eager to plan your future, see your dreams come true, and achieve the success you've been striving for? If so, Crush Your Goals! is the book for you! Why wait one more day or postpone your success for someday? Crush Your Goals! has everything you need to start seeing success in just a few weeks—all you have to do is take action today. See you on the inside!- Austin Bollinger

2023 goal setting worksheet: 100 Life Goals Brian Klodt, 2018-11-27 Many people know that

goals are an important part of living a successful life, yet less than 5% of the population have written goals. This book takes goal setting to the next level, by creating a blueprint of 100 recommended Life Goals. Recognizing that goals need to be much broader than the typical material goals, such as wealth accumulation and materialism, this book represents a balanced approach to goal setting across 10 important life areas, including personal development, health and fitness, friends and family, hobbies and passions, finances, career, adventure, travel, lifestyle, and leaving a legacy. Why not build a life that you can look back at with no regrets, and think, Wow . . . what a life; I can't believe that I've done all that! Get inspired, and use this guide book to record your own list of goals, with practical suggestions for Your Target Goals (YTG). This is a must-read book for everyone who has yet to think seriously about planning their life and writing down their goals.

2023 goal setting worksheet: *Measure What Matters* John Doerr, 2018-04-24 #1 New York Times Bestseller Legendary venture capitalist John Doerr reveals how the goal-setting system of Objectives and Key Results (OKRs) has helped tech giants from Intel to Google achieve explosive growth—and how it can help any organization thrive. In the fall of 1999, John Doerr met with the founders of a start-up whom he'd just given \$12.5 million, the biggest investment of his career. Larry Page and Sergey Brin had amazing technology, entrepreneurial energy, and sky-high ambitions, but no real business plan. For Google to change the world (or even to survive), Page and Brin had to learn how to make tough choices on priorities while keeping their team on track. They'd have to know when to pull the plug on losing propositions, to fail fast. And they needed timely, relevant data to track their progress—to measure what mattered. Doerr taught them about a proven approach to operating excellence: Objectives and Key Results. He had first discovered OKRs in the 1970s as an engineer at Intel, where the legendary Andy Grove (the greatest manager of his or any era) drove the best-run company Doerr had ever seen. Later, as a venture capitalist, Doerr shared Grove's brainchild with more than fifty companies. Wherever the process was faithfully practiced, it worked. In this goal-setting system, objectives define what we seek to achieve; key results are how those top-priority goals will be attained with specific, measurable actions within a set time frame. Everyone's goals, from entry level to CEO, are transparent to the entire organization. The benefits are profound. OKRs surface an organization's most important work. They focus effort and foster coordination. They keep employees on track. They link objectives across silos to unify and strengthen the entire company. Along the way, OKRs enhance workplace satisfaction and boost retention. In *Measure What Matters*, Doerr shares a broad range of first-person, behind-the-scenes case studies, with narrators including Bono and Bill Gates, to demonstrate the focus, agility, and explosive growth that OKRs have spurred at so many great organizations. This book will help a new generation of leaders capture the same magic.

2023 goal setting worksheet: *S.M.A.R.T. Goals Made Simple* S. J. Scott, 2014-03-04 **DISCOVER::** How to Set Professional and Personal Goals That You Actually Achieve Do you often set goals that you never seem to reach? We're all filled with dreams and aspirations. Most long for fulfilling relationships. Some desire personal freedom. Others want fame and success. And some strive for profitable businesses. Wherever your ambitions may lie, goal setting can get you there. On the other hand, the wrong goal can leave you feeling frustrated and unmotivated. When you set a goal that's too lofty, it's easy to give up when your dreams don't turn into reality. We all have important milestones we'd like to reach. The trick is to create a plan and commit to it. Setting S.M.A.R.T. goals can help you do this. **TAKE ACTION::** Focus on S.M.A.R.T. Goals and Get Real Results It's easy to set S.M.A.R.T. goals. Simply write down a desired outcome on a piece of paper and create a deadline for achieving it. The hard part is taking action. As you know, the Internet is full of books that talk about setting goals. The problem? Most don't talk about the daily actions (or habits) required to achieve them. In the book, *S.M.A.R.T. Goals Made Simple*, you'll get a ten-step plan for setting and achieving your goals. Unlike other titles, this book will teach you how to turn any idea into an actionable plan. Not only will you get an overview of S.M.A.R.T. goals, you'll also get a blueprint for turning them into daily routines. **DOWNLOAD::** *S.M.A.R.T. Goals Made Simple -- 10 Steps to Master Your Personal and Career Goals* *S.M.A.R.T. Goals Made Simple* contains a detailed

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2023 goal setting worksheet: Designing Your Life Bill Burnett, Dave Evans, 2016-09-20 #1 NEW YORK TIMES BEST SELLER • At last, a book that shows you how to build—design—a life you can thrive in, at any age or stage • “Life has questions. They have answers.” —The New York Times Designers create worlds and solve problems using design thinking. Look around your office or home—at the tablet or smartphone you may be holding or the chair you are sitting in. Everything in our lives was designed by someone. And every design starts with a problem that a designer or team of designers seeks to solve. In this book, Bill Burnett and Dave Evans show us how design thinking can help us create a life that is both meaningful and fulfilling, regardless of who or where we are, what we do or have done for a living, or how young or old we are. The same design thinking responsible for amazing technology, products, and spaces can be used to design and build your career and your life, a life of fulfillment and joy, constantly creative and productive, one that always holds the possibility of surprise.

2023 goal setting worksheet: Hard Goals (PB) Mark Murphy, 2010-11-12 “Ever felt like you weren’t reaching your goals as fast as you would like? HARD GoalsK shows you how to change your thinking and get on the path to tremendous achievement!” --Marshall Goldsmith, world-renowned executive coach and author of the New York Times bestsellers MOJO and What Got You Here Won’t Get You There “Hard Goals is full of fascinating insights regarding how to get yourself to achieve things you never thought possible, and Murphy’s key ideas have strong research support. . . . If you want to achieve something great or important in your life, this is the book for you.” —Edwin A. Locke, Ph.D., Professor Emeritus, University of Maryland “If you want a mediocre life, set ho-hum goals. If you want a life filled with excellence and meaning, set HARD Goals. This book shows you how to set HARD Goals and love every minute of achieving them. The end result? Winning in life and unparalleled fulfillment.” Lyle Nelson, four-time Olympian and author of Spirit of Champions “Every company has goals these days. So why do most goals fall short? Why do leaders keep setting the same failed goals year after year? HARD Goals gives you the cutting-edge science to engage every employee in pursuing and achieving extraordinary goals. No more procrastination, foot-dragging, or giving up. With HARD Goals, your organization will achieve astonishing results. Every CEO, manager, and employee needs to read this book!” Kevin M. Andrews, President, SmartBen Want to increase sales? Get promoted? Change the world? There’s a goal for that . . . Steve Jobs, Jeff Bezos, the school teacher next door who amassed a million-dollar fortune . . . Did these people succeed because they were more motivated or because they were more disciplined? The answer to both questions is yes—but not in the ways you might think. Anyone can achieve extraordinary things. The secret is setting goals that test the very limits of your abilities. In Hard Goals, Mark Murphy, the acclaimed author of Hundred Percenters, explains the science behind getting from where you are to where you want to be in your career, business, and life. Leadership IQ, Murphy’s top-rated leadership training consultancy, studied nearly 5,000 workers from virtually every field and found that extraordinary goals—the kind that got America to the moon and back, developed the iPod, created nanotechnology, and helped individuals overcome tremendous personal adversity—stimulate and engage the brain in ways that are profoundly different from the goals most people set. Research conducted for this book revealed that people who set Hard goals are up to 75 percent more fulfilled than people with easy goals. In these pages, Mark Murphy explains how success, and the satisfaction

it brings, comes from knowing how to set goals that are: Heartfelt—have an emotional attachment, “scratch an existential itch.” Animated—motivated by a vision, that movie that plays over and over in your mind. Required—imbued with such a sense of urgency that you have no other choice but to start acting on them right here, right now. Difficult—the greatest achievements come from the toughest challenges—but they also leave you feeling stronger, smarter, and more fulfilled. People set goals all the time, but the majority end up unfulfilled or abandoned. With all the challenges facing us today, we could use a little more achievement. Hard Goals can help us get there by offering the hard science and practical techniques to conquer procrastination and unlock your brain’s potential for realizing your goals.

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