

The “Laws” of Setting Goals



Most people set goals to help them make changes in their lives. These goals can be big or they can be small, but in order to be achievable, these goals must follow some basic “laws.” If you can follow these “laws,” you’ll probably be more successful in achieving your own goals.

Law #1: “The Law of Can’t”

A goal cannot be achieved until it is set. Wishes, desires, and dreams need to be turned into goals before they can be accomplished.

- Think about some things that you would like to accomplish.

1. _____	3. _____
2. _____	4. _____

Law #2: “The Law of One-At-A-Time”

When people first learn to set and achieve goals, it is easy to get overwhelmed by too many goals. Instead, it is better to focus on one goal at a time. As people get more experience and feel good about accomplishing goals, momentum will build, and they will be able to work on several goals at one time.

- Pick one thing that you would like to accomplish.

Law #3: “The Law of Ink”

Write your goals down. It has been said that, “The dullest ink is stronger than the sharpest memory.”

- Write down the goal that you thought about for Law #2:

Law #4: “The Law of Work”

Goals require work. Work requires planning.



- List 3 steps (or more, if you think of them) that will help you to achieve your goal.

1. _____

2. _____

3. _____

Law #5: “The Law of Time”

One of the keys to achieving any goal is to have a deadline. It helps if other people know about the deadline.

- For one of the steps you’ve listed above, give yourself a deadline and write down the name of someone you could ask to help you stick to that deadline.

Step: _____

Deadline: _____ Person: _____

Law #6: “The Law of Slipping”

No matter how much people want to make changes, they will slip up at some time. It is tempting to say, “Well, I might as well give up.” No goal will get accomplished that way.

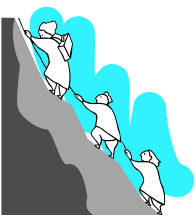
- Think of a setback that might get in the way of your goal. Write down some ways to deal with the setback.

Setback: _____ Solution: _____

Setback: _____ Solution: _____

Law #7: “The Law of Persistence”

It has been said that, “In the battle between the rock and the river, the river always wins. Not because the river is stronger, but because the river has the power of persistence.”



- Stick it out; just do it; never give up; when the going gets tough, the tough get going.

Law #8: “The Law of Action”

Procrastination can steal people’s goals. It is important not to leave the place where the goal is set without taking some action toward it.

- What is an action you can take **today** toward accomplishing your goal?

Law #9: “The Law of Rewards”

When setting (and accomplishing) goals, it is **very** important to give yourself rewards along the way. These rewards can be things or activities, or they can be simply taking the time to pat yourself on the back and saying, “Hey, I am doing a great job.”

- Write down a reward that you can give yourself for achieving part of your goal.

- What goals would you like to achieve to help in the management of your PKU?



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