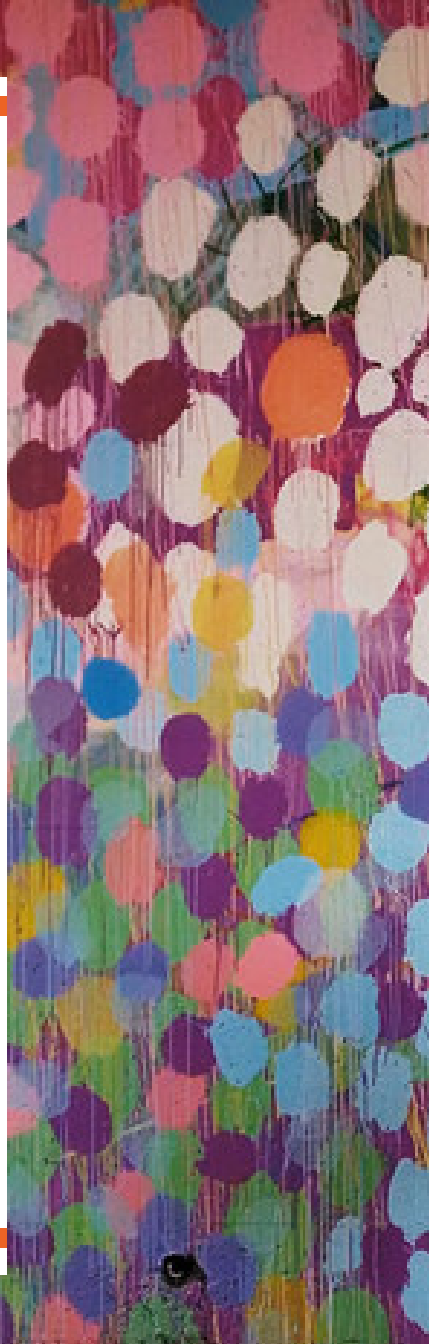


YEAR OF VALUES

STAY HUNGRY

PROVOCATION NO. 2



One way

to keep momentum
going is to have
constantly greater
goals.

- Michael Korda -

Last week, we explored previous accomplishments and experiences that left us feeling proud.

The knowledge gained from these experiences helps us set future goals, which is critical to staying hungry.

Let's take a look at why goal setting is so important.

1. Goals trigger behavior.

Having clear, compelling goals mobilizes your focus toward actionable behavior.

2. Goals guide your focus.

When you set a goal, you naturally direct your attention toward the next step. This forces actions to follow.

3. Goals sustain momentum.

As you make progress, your brain starts to release dopamine. This allows you to get into a flow state in your work.

4. Goals align your focus.

The actions you take or avoid to reach your goals offer clues about your values, challenges, strengths, and weaknesses. These clues allow you to course-correct when necessary.

5. Goal setting promotes self-mastery.

Achieving goals builds self-efficacy, and the process of goal setting identifies what is truly important to you.

For this week's provocation, we will spend some time setting goals. These goals can be personal or professional, long-term or short-term.

Then, we'll create some next steps to help us build momentum around these goals.

Click the link on the following page to record your goals.

LET'S GET STARTED!

Estimated Time Commitment:

10 minutes

What You'll Need:

X comfortable place to reflect

X willingness to participate

[Click here to begin.](#)