



How to Develop SIMPLE Goals

S	Safe	<p>This relates to the fact that the goals you set for yourself are both psychologically and physically safe. Of course, you want to set stretch goals but not ones that will create (debilitating) fear or put you at risk.</p> <p>Eg: I will complete my newly revised job application by the end of the week. (There might be some challenges in doing this but it is doable)</p>
I	Individual INSPIRING Intentional	<p>Individual – The goal is unique to you</p> <p>Inspiring – The goal is framed positively and could be classified as an approach goal not an avoidance goal</p> <p>Intentional – there is a reason and purpose behind why this goal has been set. It fits with your desired strategic intent. It fits with the values and vision you have for yourself.</p> <p>I am going to help out at the ‘Hope’ charity as I want to make a difference to children who are doing it tough and having a hard start in life.</p>
M	Meaningful	<p>This relates to the fact that the goal(s) you set have meaning for you. Ideally, they relate to your strengths and values and how you want to contribute to the world you are in.</p> <p>Eg: I am going to volunteer at the homeless shelter once a week for the next three months so I can give something to those in need. (Your goal could be your desire to give back and you value community)</p>
P	Personal	<p>This means there is no external factor making you set a specific goal it is your personal choice to act on the stated goal.</p> <p>Eg: Working at the homeless shelter is a personal choice there is no mandated reason to do this.</p>
L	Legitimate	<p>Whatever goal you set has to be within your power to do so.</p> <p>Eg: you are not going to fly a plane tomorrow when you have never had a flying lesson. However, if you are a pilot you may be desiring to go a new route or fly higher or lower in the air</p>
E	Energising, Empowering, Engaging	<p>This relates to the fact that the goals you set encourage/drive you to act. They help you to move towards (approach) something that has meaning for you.</p> <p>Eg: The thought of helping the homeless brings you joy, and you get excited and energised by the prospect. It is a joy not a chore.</p>