

## Goal Setting Traps to Avoid

1. Setting a goal that isn't concrete and tangible. If you aren't crystal clear about what your goal IS, you might not know when you've accomplished it.
2. Analysis Paralysis: obsessing about the perfect place to get started and never diving in. Just take a step.
3. Thinking you need to know how to get it all done before you get started OR getting so focused on how big the forest is that you can't just start with one tree (another form of analysis paralysis). Set the goal. Figuring out the steps is a different part of the process.
4. Setting dull boring goals that don't inspire. A motivating goal will keep you in action.
5. Not clarifying your goal—not putting it into writing, not saying it out loud—*not making it real for yourself and really committing to it in some way.*
6. Not making a place for action taking and goal accomplishment in your life. You know you've found this trap when your goals get swallowed up and disappear when "life takes over." Working towards a goal requires having a clear space for it in your life.
7. Getting too singularly focused on your goal, not considering or balancing your goal with the rest of your life. This focus is not sustainable and you will burn out.
8. Making the steps towards your goal too dramatic and too big (relates to number 7). Again, this is not sustainable.
9. Not having support of others. This includes both the undermining that can happen when you have unsupportive people in your life AND failing to create a network of support for yourself.
10. All or nothing thinking and perfectionism. You should plan for imperfection and *have a plan for when things go off course* (a relapse plan).
11. Not checking in with your goals periodically. Put your goals in a prominent place and create a plan to review them at regular intervals.

