



WHEN I GROW UP  
what do you want to be when you grow up?

Michelle Ward | Creative Career Coach

## THE GOAL GAME!

(said in annoyingly cheerful announcer voice): "What if there was a fun, creative, super-awesome way to make your goals specific & achievable? What if this fun, creative, super-awesome way was built like a game, complete with "prizes" (yes, "prizes" plural!) & a huge celebration at the end? Well stop wondering "What if...." & start The Goal Game!"

Yeah, yeah, cheese-tastic, I know – but better than anything hippy-dippy where I tell you to go look at crystals or constellations for the answer! Seriously, for a creative soul like you, I know that setting goals & turning it into an "action plan" is probably tough. By making it into a game - & bribing yourself along the way – you'll have a clear picture of what needs to happen (& when) in order to be crowned the winner!

You might've heard of SMART Goals, which is basically a cute acronym to make a goal specific, measurable, attainable, realistic & timely. I like that, but thought there were some equally-important elements missing (& a cuter acronym to find). So, I created CHUTZPAH Goals:

**C** is for *Celebration*. I know it seems silly putting it as the first step, but if you can set what the celebration will be at the finish line, it'll help you stay focused to run the race.

**H** is for *Honesty*. Be honest with yourself: Can this goal be accomplished? Is it too big? For example, a 44-year-old woman with 2 years of government experience in a state with half a million people should not say "I want to be Vice President." (clears throat)

**U** is for *Unique*. You have to make sure that this goal is yours & yours alone. Not your brother's, not your boss', not your wife's. Yours.

**T** is for *Timely*. You need a start date, an end date, and a date for the milestones in between. I've recently discovered that the main thing I need to accomplish a goal is a deadline. Give yourself one.



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**Z** is for *Zest*. Yeah, I know, “zest” is a weird one. But it didn’t seem to be when I looked up the definition and found it to mean “anything added to impact flavor, enhance one’s appreciation; liveliness or energy; animating spirit.” I had zest for writing a “boring” research paper because I picked a topic that interested me, and would benefit me as a coach. That made the goal of “finish research paper” into something fun and not a chore.

**P** is for *Precise*. You need to be specific about choosing your goal. “I want to lose weight” has a lot less holding power than “I’m going to lose 10 pounds by running 30 minutes a day, 3 days a week for 4 weeks.”

**A** is for *Assessable*. It’s easy to measure if you jogged in the park for 2 miles on 3 separate days this week, but “I want to start exercising again” can be measured by Jack. Jack Squat, that is.

**H** is for *Honor*. This is where you put the Celebration into practice, by Honoring your win and getting that massage / going to that nice restaurant / spending the day in your pjs / whatever you decided was going to be your celebration for reaching that goal.

So now that you got some CHUTZPAH, let’s make this more interactive. Take the space below to declare your goal (doesn’t that sound official?) & answer the following questions:

### MY GOAL IS TO:

1. What will this goal cost you - literally & figuratively - to achieve? Think of money, time & energy. What do you need to commit to?



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2. Can you add this to your schedule without feeling overwhelmed? If not, what will need to be sacrificed to achieve this goal? Is it worthwhile?

3. What will you gain by achieving this goal?

4. Think of how strict/loose you want your deadlines to be. What can you realistically manage? Again, think of your time, money, & energy. Setting yourself up with a breakneck speed is only setting yourself up for failure!



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5. Make an extra-special celebration at the point in the goal game that you usually give up. Is it at the beginning, after the idea is fleshed out, the time is on the calendar & the supplies are bought? Then bribe yourself to move forward to doing instead of planning. Is it in the middle, when you have spent seemingly endless hours on your goal without the tangible results (yet)? Then celebrate with something relaxing & rejuvenating before going into the home stretch! And don't forget to make the end celebration - after you're done - be the sweetest of them all! Remember, it doesn't have to be timely or costly - but it does need to feel special! What will your mid-celebrations (they're called "prizes" in the game) & your Big Celebration be?

6. Write down who you can go for help. Who will support you during this process? Share with them what they can do to cheer you on.



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Now let's revise your goal a bit. Fill in the blanks below using the following key:

- (1) insert goal here
- (2) insert date here
- (3) insert name of cheerleaders here
- (4) insert 2 prizes & celebration bribe here
- (5) insert fun stuff here, like writing a paper on a topic you love
- (6) insert an activity of a unit of time here, like Wed night bowling

**My goal is to (1)** \_\_\_\_\_ **by (2)** \_\_\_\_\_.

**I can rely on (3)** \_\_\_\_\_ **to support me & I will bribe myself with (4)** \_\_\_\_\_.

**I'm going to add some zest by (5)** \_\_\_\_\_ **I will have to sacrifice (6)** \_\_\_\_\_ **to make it happen, but it'll be worth it!**

Now let's take a moment to make your action steps. I find it easiest to start from the bottom – the completion of the goal - & work backwards, but you can do it however you damn well please. I ain't the boss of you!

### ACTION STEPS FOR THE GOAL OF:

- 1:
- 2:
- 3:
- PRIZE!:**
- 4:
- 5:
- PRIZE!:**
- 6:
- 7:
- CELEBRATION!:**

If you find yourself with more than 7 action steps, see how you can group some together to make it fit. I can only make so many squares on the board, people.





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Now it's game time (& you thought that annoyingly cheerful announcer was a liar)! Use the board on the following page to fill in your steps & their due dates. Print it out as many times as you need – no dice necessary!



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## MY GOAL:

<p><b>MY PRIZE!</b> (<i>Could it be to enjoy some garlic fries?!</i>):</p> <p>Due Date:</p>	<p><b>Step 4</b> (<i>open that door!</i>):</p> <p>Due Date:</p>	<p><b>Step 5</b> (<i>don't you feel alive?!:</i>):</p> <p>Due Date:</p>
<p><b>Step 3</b> (<i>is great as can be!</i>):</p> <p>Due Date:</p>	<div style="border: 1px solid black; padding: 10px;"> <p>Don't forget the CHUTZPAH!</p> <p><b>Celebration.</b> Bribing yourself is awesome.</p> <p><b>Honesty.</b> Be honest with what can be achieved.</p> <p><b>Unique.</b> This is not Yo Mama's Goal.</p> <p><b>Timely.</b> Due dates are your friend.</p> <p><b>Zest.</b> If it inspires jazz-hands, you're on the right track.</p> <p><b>Precise.</b> Timing is everything.</p> <p><b>Assessable.</b> Know when you've rocked it.</p> <p><b>Honor.</b> Savor the win by really celebrating!</p> </div>	<p><b>MY PRIZE!</b> (<i>Do you want some brand new ties?</i>):</p> <p>Due Date:</p>
<p><b>Step 2</b> (<i>is up to you!</i>):</p> <p>Due Date:</p>		<p><b>Step 6</b> (<i>are you getting your fix?!:</i>):</p> <p>Due Date:</p>
<p><b>Step 1</b> (<i>is really fun!</i>):</p> <p>Due Date:</p>		<p><b>Step 7</b> (<i>it's just like heaven!</i>):</p> <p>Due Date:</p>
<p><b>START HERE!</b></p> <p><i>Give a cheer! When you're done you'll have a beer!</i></p>		<p><b>CELEBRATION!</b> (<i>tell the entire nation!</i>):</p> <p><i>You're done! Ain't it fun? You are super #1!</i></p>



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