

Create a More Empowered You With the Six P's

The purpose of this is to discuss a modern system of goal setting that will help to clarify and organize your needs and wants and increase your probability of getting what you desire.

All success philosophers talk about goals - Napoleon Hill, Earl Nightingale, Brian Tracy, Tony Robbins and so on. No matter who you read or study, you are going to find agreement on this one simple point - you must decide what you want if you are going to get it. If this is so obvious, then why do so few people set goals? The whole prospect seems intimidating to some, maybe because they are afraid they will aim too high, or perhaps because they are afraid that they will aim too low. To these folks I say, don't worry about it! That's why they put erasers on pencils! No one gets every goal that is written down and everyone gets at least some of them. Lighten up, do the simple exercises in this program without fear, and you will have a format for goal setting that you will be able to use for the rest of your life. This goal setting format is based on The Six P's.

Purpose

The first "P" stands for Purpose. The very first process of goaling depends on who you are and what you plan to accomplish. Now, this sounds heavy, and maybe it is a little heavy, but your purpose is simply the answer to two questions: 1) Who or what do you want to be? and 2) What do you want to do? Answer these two questions, first by just jotting down your thoughts and then by forming the phrases into a statement or paragraph. When your focus or contextualize this statement to a specific mission, it's called a mission statement, and it could look like this:

My mission is to be a dedicated and successful chiropractor serving the community of Anytown by offering the finest chiropractic health care services with professionalism, clinical expertise and compassion.

A statement of purpose, though, should be cross-contextual, not limited to one mission - for example, my purpose is to be happy and to help others to be happy, through positive learning experiences, good health and entertainment. Whether you address a broad or narrow scope, keep it manageable, because you want your purpose in mind at all times.

Who or what do I want to be?

What do I want to do?

My purpose is _____

Personal Goals

The second "P" stands for your Personal Goals, your goals about you. This can include outcomes like getting to a target weight or quitting smoking or starting to exercise, reading a certain amount each week, changing a habit or any other personal desire or objective. Get a notebook and make it your goal book. Write your statement of purpose in the front, and start a page for your personal goals. If you are new at this, then use questions to guide yourself. For example, ask the question "What do I want?", and then just write down what comes up. Some of your ideas will fit better

under other categories but write it all down. You can reorganize it later. It's okay to write stuff like peace of mind or balance or more love - just keep in mind, it's hard to measure that kind of goal, so you need to come up with a way to tell if you are getting it. Personal goals are about anything you do to improve yourself personally.

Personal Goals

Professional Goals

The third "P" stands for your Professional Goals. Include seminars you'd like to attend, techniques you'd like to learn, equipment you want or anything you want to accomplish professionally such as writing articles, being elected to office, developing a mastermind group, hiring a consultant or expanding your staff. Professional goals are about anything you do to improve yourself professionally.

Professional Goals

People Goals

The fourth "P" stands for People Goals. Who would you like to meet? Who would you like to help? Who do you like to work with? Who would you like to learn from? Who would you like to teach? Who would you like to be closer with? Who would you like to get away from? Write all these ideas under People Goals. Is there a family member you'd like to spend more time with? A hero you'd like to take to dinner? Think of which people belong on this list and what you want to do with these people and that will form your People Goals.

People Goals

Prosperity Goals

The fifth “P” stands for Prosperity Goals. How much money do you want to make? How much do you want to save? Do you want a new home? By how much do you want to reduce your debt? This section helps you clarify your financial desires. Figure out what it costs to run your business and home plus your taxes - this number represents your fixed overhead, also known as your “basic nut,” what it costs you to live. Whatever is left over is yours to allocate as you please. Decide how much you want it to be, including savings, debt reduction and fun money, and you will have a good starting point. Create a plan based on saving an amount per week that gets you to a yearly savings goal that you like. If you are saving for college funds that goes here, too. Anything about your financial plans is considered a prosperity goal.

Prosperity Goals

Play Goals

The sixth “P” stands for Play Goals, and this is very important. You have to include fun stuff in your goals to continue to grow as a person. Vacations that increase experience and culture, automobiles that entertain and tickle the self image, jewelry and watches and boats and clothing - there is nothing wrong with wanting lots of nice stuff. What you are going to find is that the stronger your purpose, the more you develop personally, the more you accomplish professionally, the more probable you attract the right people, the more prosperous you become and the more fun you have at play. This frees your mind to consider and refine your purpose that begins the cycle of self-development all over again.

Play Goals

Language your goals in the first person, present tense, and state the goal in the affirmative, as if it were already true - for example, you can say “I run three times a week” as opposed to “I want to run three times a week” - set the goal of running, not wanting to run.