

# ULTIMATE

## GUIDE TO GOAL SETTING

CUT THROUGH THE NOISE AND START SETTING  
GOALS THAT ARE MEANINGFUL, ACTIONABLE  
AND HOLISTIC STRAIGHT AWAY.

HEATHER  
PATTERSON

## THE ULTIMATE GUIDE TO

# GOAL SETTING

ASK YOURSELF THE FOLLOWING QUESTIONS BEFORE YOU SET A GOAL

TYPE OF GOAL (A, B, C)	
WHAT DO YOU WANT?	
HOW WILL YOU KNOW IT IS DONE?	
BY WHEN?	
WHAT NEEDS TO BE PRESERVED OR PROTECTED?	
HOW DOES THE GOAL ALIGN WITH YOUR CURRENT IDENTITY?	

WHO HAS ACHIEVED THIS GOAL PREVIOUSLY?	
IS THERE A PROVEN PROCESS, SYSTEM OR MODEL?	
WHAT IS IN YOUR CONTROL?	
WHAT IS NOT IN YOUR CONTROL?	
HOW WILL PROGRESS BE MEASURED?	
HOW WILL YOU CELEBRATE PROGRESS?	
WHAT ONGOING SUPPORT DO YOU HAVE IN PLACE?	
DO YOU WANT/NEED OUTSIDE ACCOUNTABILITY?	

# ABOUT THE AUTHOR



*Hi, Hello, Aloha - I'm Heather!*

Originally from Maryland, I have lived all over the US, including Alaska and Hawaii and now call sunny Arizona home. I enjoy spending time with my loved ones, traveling, playing golf, drinking wine (Oregon Pinot Noir is my fav) rooting for the Baltimore Ravens and watching the sunset.

I graduated from Hawaii Pacific University, with a Bachelors in Business Administration and an emphasis in Human Resources and have held key Senior Leadership, Human Resource and Training roles for the last 15 years.

My career is my purpose: coaching, training and consulting with individuals and organizations helping them understand and use the power of their mind to achieve the results they truly want.

Welcome to my world, I'm so glad you're here!

*With Love - Heather*

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