

# Goal setting

- Name how focused you will be
- What is the one thing you're looking for in this session

(B) low  
latency

## How to begin

- awkward
- uncomfortable
- thrilling

Idea — Sketch it → simple (real)  
in crappy first goal

Words  
rough here

• Quick word associations

→ how create one short  
mission statement

Spon[sish] test → someone who  
knows you

extreme  
reactions

- ⇒ feasibility check
- ⇒ catch problems early
- ⇒ find blind spots

Golden looks zone

too small or too big?  
Look for perfect spot

- meaningful but realistic
- impactful but concise

→ tweak sketch

next

→ final draft

measure on dilly scale

How can I add some space to my goal?

Can you meaningful answer higher?

- Can I change the timeline
- team inclusion
- reach?
- outcomes...

→ change mission statement  
- experiment w. objectives/verbs

① WE were best

Pick 3 of each

- How you benefit by not taking on that goal?  
↳ what are the rewards for not doing it
- Costs of not pursuing the goal?

FIWAL



WOOE FORWARD

with 5 small steps but move it.

1 evaluate previous weeks / 6 weeks periods