



PETRA PLANNING

LIFE PLANNG
HOW TO ACHIEVE PERSONAL GOALS AT HOME



LIFE PLANNING HOW TO ACHIEVE PERSONAL GOALS AT HOME LIFE LESSONS for BUSINESS OWNERS

Every day I work with companies looking to accelerate growth, improve company culture and take their organizations to a new level of performance. As a [coach](#), I help business leaders and their teams identify short and long-term goals, figure out how they are going to achieve them and make sure each member of the team is accountable on a daily, monthly and quarterly basis for achieving those goals.

This method, rooted in the [Rockefeller Habits](#), has proved extremely effective in uniting their organizations with a common purpose and a roadmap for success. But, setting goals and tracking results shouldn't be limited to the workplace. After all, isn't the time you spend at home just as – if not more – valuable than the hours you spend at the office? Of course it is. And, that time can be just as productive as it is relaxing – if you take time to plan.

Don't get me wrong – there's nothing inherently wrong with prioritizing time to relax. In fact, I've explained before [the importance of taking care of yourself](#), and that everyone should have personal and family time away from the busywork of office life. Without moments where we reconnect with loved ones, friends and family, it's easier to become burnt out and disregard the structure for a healthy and fulfilling life.

But if you're solely relying on a TV Guide as your life roadmap at home, you could be missing out on some of the same benefits you obtain when you have a plan at work. That's right, I'm talking about setting personal goals, and encouraging family members to do the same.

Because of the way I coach businesses every day, it's no mystery that my habits and methods have rubbed off on the people inside my home. In fact, since my daughters were a young age, we've implemented a goalkeeping system at home, and it's not dissimilar to the ones I teach to leading companies around the country. Goals can encompass such things as finances, fitness, schoolwork, reorganizing, moving and more.



Start by setting aside time for everyone to identify three to five goals they'd like to achieve in the next twelve months. Once everyone has a list of those items to target, it's time to figure out a plan of action. Here are four tips to adopt goalkeeping for the home:

1. Dig deep.

Think about what you really want. This is not what you think – or what others think – you should do. Identify things you'd like to work on, hobbies that you'd like to take up or something you'd like to learn. If you don't have any emotional connection to your goal, you won't be motivated to achieve it. Ask yourself what it would look like if you could achieve it and how you would feel once you made that goal a reality.

2. Get real.

Once you've found out what you want, make sure that your timeframe to achieve it is realistic. Is this something you'll be able to work on in your time away from your job or other activities? Don't start with an "Everest," or you could be setting yourself up for failure. Smaller, measurable goals will always trump lofty, never-ending dream goals.

3. Plan it.

This is where the rubber meets the road. Without a solid roadmap, it's unlikely you'll get where you want to go. Break down the necessary steps to achieve each of your goals, and make a timeline specifying when you'll achieve those steps. Share your timeline with your family members to help keep you accountable and stick to it.

4. Encourage self-motivation.

Your home is not the workplace, so even if you're a CEO by day, you shouldn't be giving orders at home – at least not if you want to teach self-motivation. To help foster that inner drive, the best thing you can do is lead by example. Show family members early on that you can get that feeling of accomplishment from a job well done – whether or not you get any outward recognition. Both of my daughters are now teenagers and tend to make most of their decisions solely on their own. But since we started implementing goalkeeping with them at an early age, and they saw how I consistently met my goals and developed, they are accustomed to the process and motivated to do it.

Keeping your family engaged in goalkeeping can be a tough task, especially when life has other plans. But in the end, if you prioritize goals in your home life, you'll see personal achievements stack up the same way they do at work. By taking the time to focus on you, and encouraging loved ones to focus on themselves, your personal time will be that much richer – and more productive

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THE PETRA EXPERIENCE

The Petra Experience is like a Mental Marathon of focused effort to create a specific set of priorities and a planned process to achieve them... as a team.

Looking to change your business life - forever?

The daily grind of growing a business is tough... it doesn't have to be that way. We work from our own business experiences while focusing on your business – as coach and an accountability partner. We implement the Petra Process in a way that ensures it “sticks” then we stay engaged to keep you on your path to success and less frustration. We don't want this to be just another thing you start – then it gets ignored and finally dies... let's stop that cycle in your business. The Petra Program 'clarifies' what is most important to be done – by whom, by when – **AND** creates an accountability structure to ensure **IT GETS DONE.**

Andy Bailey is lead entrepreneur coach with business coaching firm Petra and serves as the Entrepreneur Organization's global membership director. Visit his blog at www.petracoach.com for more business and leadership insight.

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