

Types & Levels of Goals



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WHY UNDERSTANDING GOAL TYPES MATTERS



DIFFERENT GOALS SERVE DIFFERENT PURPOSES

THE RIGHT TYPE OF GOAL MAKES PROGRESS SMOOTHER

MIX OF GOAL TYPES = BALANCE, CLARITY, AND MOTIVATION

OUTCOME GOALS



FOCUS ON THE FINAL RESULT YOU WANT

EXAMPLE: "LOSE 10 KG", "EARN ₹1,00,000/MONTH",
"GET PROMOTED"

CLEAR AND MEASURABLE, BUT NOT FULLY IN YOUR
CONTROL

GOOD FOR DEFINING DIRECTION AND END TARGETS

PERFORMANCE GOALS



FOCUS ON YOUR LEVEL OF PERFORMANCE OR STANDARD

EXAMPLE: "SCORE 90% IN EXAMS", "CLOSE 5 SALES PER WEEK"

MORE CONTROLLABLE THAN OUTCOME GOALS

HELP YOU MEASURE PROGRESS TOWARD OUTCOME GOALS

PROCESS GOALS



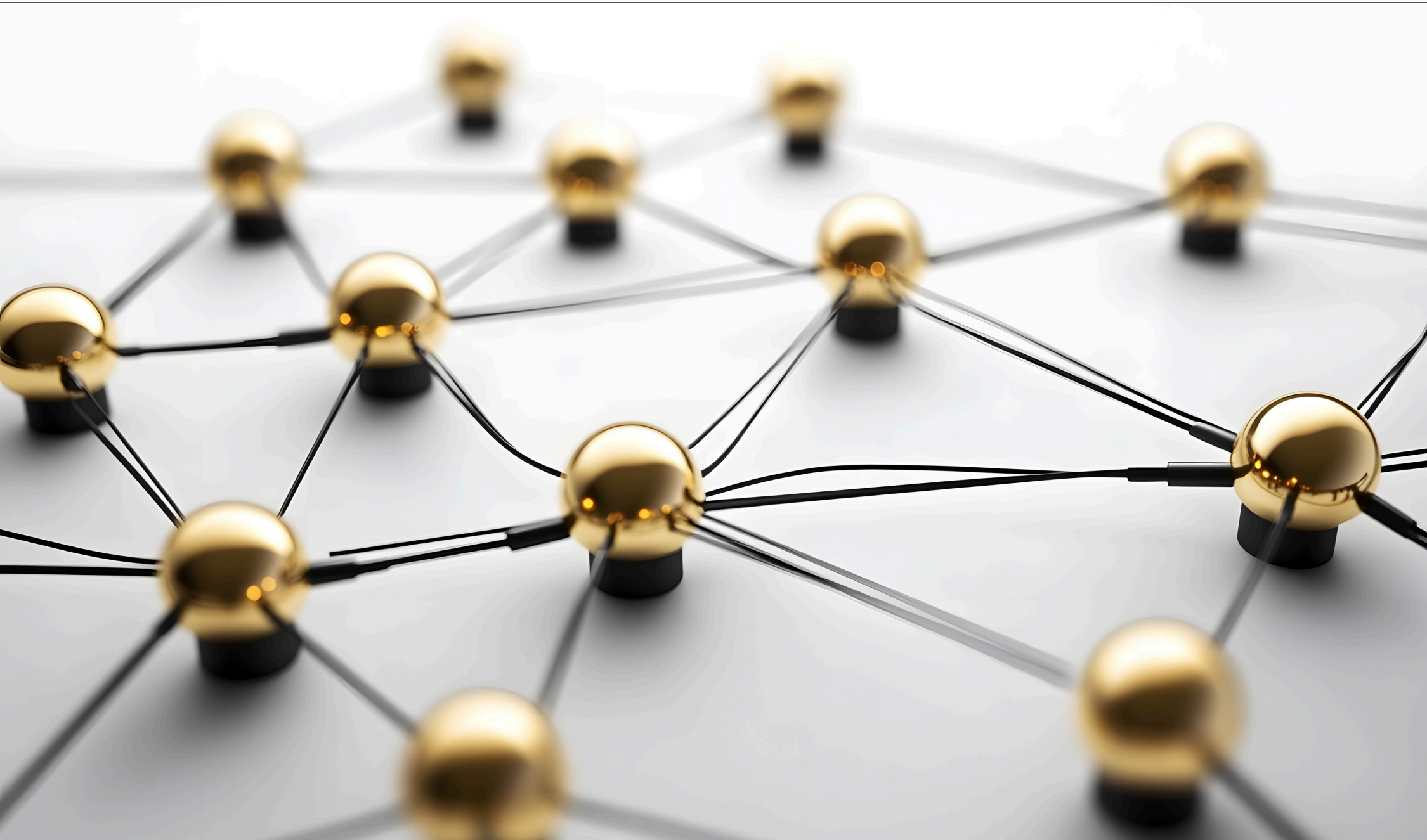
FOCUS ON ACTIONS AND HABITS YOU DO
REGULARLY

EXAMPLE: “EXERCISE 30 MINUTES DAILY”, “STUDY 2
HOURS EVERY EVENING”

100% IN YOUR CONTROL

BUILD CONSISTENCY AND IDENTITY OVER TIME

HOW OUTCOME, PERFORMANCE & PROCESS WORK TOGETHER



OUTCOME = WHERE YOU WANT TO GO

PERFORMANCE = HOW WELL YOU WANT TO DO

PROCESS = WHAT YOU DO EVERY DAY

START WITH OUTCOME → SET PERFORMANCE
TARGETS → COMMIT TO DAILY PROCESSES

TIME LEVELS OF GOALS



SHORT-TERM GOALS: 1 DAY TO 3 MONTHS

MEDIUM-TERM GOALS: 3 MONTHS TO 2 YEARS

LONG-TERM GOALS: 2+ YEARS

**EACH SHORT-TERM GOAL IS A STEP TOWARD
MEDIUM AND LONG-TERM GOALS**

SHORT-TERM GOALS



HELP YOU TAKE IMMEDIATE ACTION

QUICK WINS TO BUILD CONFIDENCE

EXAMPLE: "READ 1 BOOK THIS MONTH", "SAVE ₹5,000 THIS MONTH"

MEDIUM-TERM GOALS



BRIDGE BETWEEN YOUR PRESENT AND YOUR BIG VISION

OFTEN LINKED TO PROJECTS OR SKILL-BUILDING

EXAMPLE: "COMPLETE A CERTIFICATION IN 6 MONTHS", "PAY OFF A SMALL LOAN IN 1 YEAR"

LONG-TERM GOALS



CONNECTED TO YOUR LIFE VISION (5–10+ YEARS)

BIG OUTCOMES IN CAREER, HEALTH, FINANCES,
RELATIONSHIPS

EXAMPLE: “BUILD A BUSINESS”, “ACHIEVE FINANCIAL
FREEDOM”, “LIVE ABROAD”

LIFE AREAS FOR GOAL-SETTING



PERSONAL & SELF-GROWTH

CAREER & BUSINESS

HEALTH & FITNESS

MONEY & FINANCES

RELATIONSHIPS & FAMILY

LEARNING & SKILLS

CONTRIBUTION & SOCIAL IMPACT

PERSONAL GOALS



IMPROVE MINDSET, CONFIDENCE, AND HAPPINESS

HOBBIES, CREATIVITY, AND SELF-EXPRESSION

EXAMPLE: "PRACTICE GRATITUDE DAILY", "LEARN GUITAR", "TRAVEL SOLO ONCE A YEAR"

CAREER & FINANCIAL GOALS



CAREER GROWTH, PROMOTIONS, SKILL
DEVELOPMENT

INCOME, SAVINGS, INVESTMENTS, AND DEBT-FREE
PLANS

EXAMPLE: "GET A NEW ROLE IN 1 YEAR", "INVEST 10%
OF INCOME EVERY MONTH"

HEALTH & RELATIONSHIP GOALS



PHYSICAL AND MENTAL WELL-BEING

BUILDING STRONG, SUPPORTIVE RELATIONSHIPS

EXAMPLE: "SLEEP 7–8 HOURS DAILY", "WEEKLY DATE NIGHT", "CALL PARENTS TWICE A WEEK"

PROJECT-BASED GOALS



SPECIFIC OUTCOMES WITH A CLEAR START AND END

EXAMPLE: "LAUNCH A YOUTUBE CHANNEL", "WRITE A BOOK", "COMPLETE A COURSE"

BROKEN INTO TASKS AND MILESTONES

GREAT FOR MEDIUM-TERM PROGRESS

HABIT-BASED GOALS



FOCUS ON SMALL ACTIONS REPEATED CONSISTENTLY

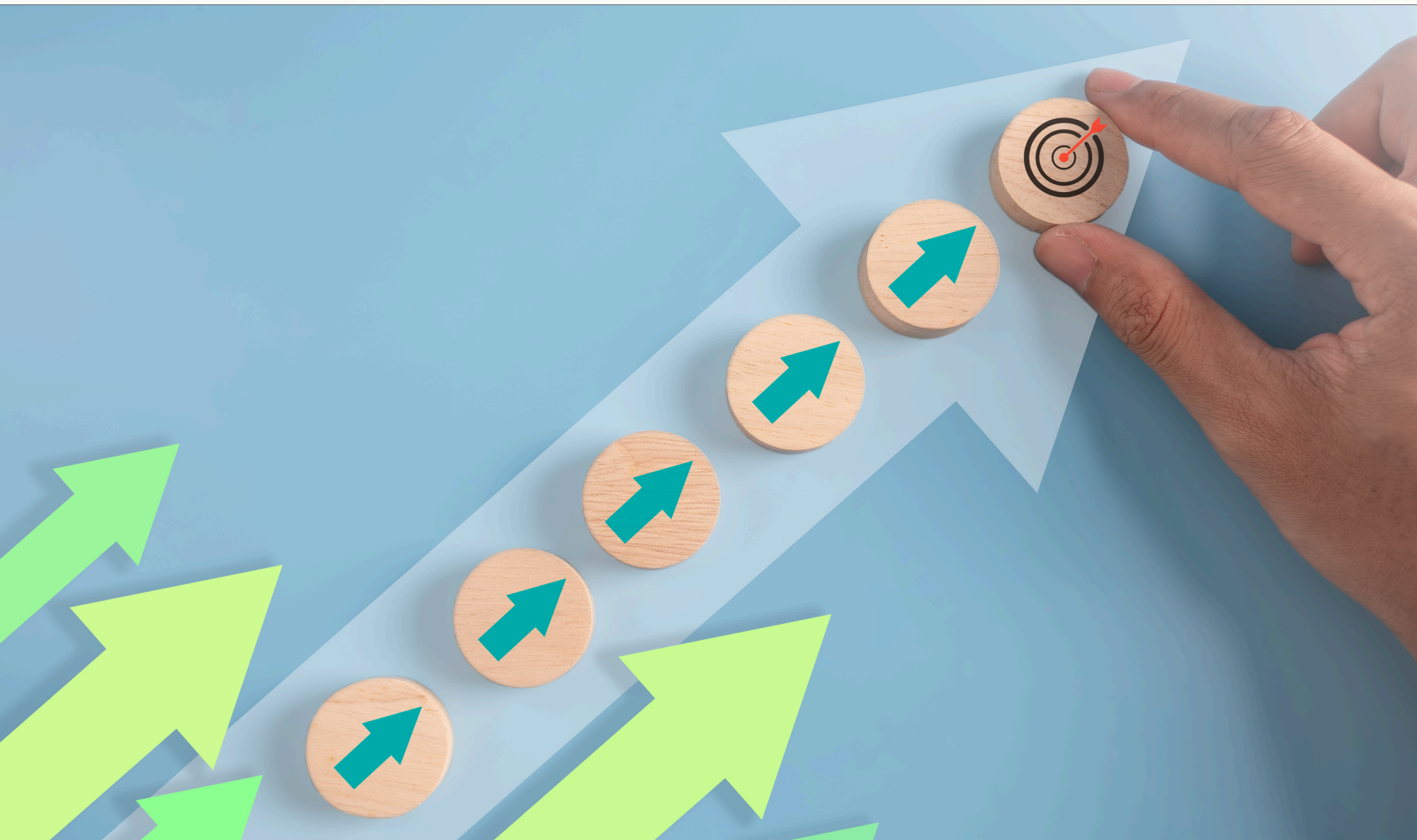
EXAMPLE: "WRITE 500 WORDS DAILY", "WALK 10,000 STEPS", "STUDY 1 HOUR EVERY DAY"

BUILD IDENTITY AND LONG-TERM CHANGE

SUPPORT BOTH PERFORMANCE AND OUTCOME GOALS

PROJECT GOALS VS HABIT GOALS

HOW THEY WORK TOGETHER



PROJECT GOAL = WHAT YOU WANT TO FINISH

HABIT GOAL = WHAT YOU DO REGULARLY TO MAKE IT HAPPEN

EXAMPLE: PROJECT: "PASS COMPETITIVE EXAM"
HABIT: "SOLVE 20 QUESTIONS DAILY", "REVISE 1 CHAPTER PER DAY"

DESIGNING YOUR GOAL SYSTEM



CHOOSE 1–3 OUTCOME GOALS IN KEY LIFE AREAS

SET PERFORMANCE TARGETS TO TRACK PROGRESS

BUILD DAILY/WEEKLY HABITS TO SUPPORT THEM

COMBINE SHORT, MEDIUM, AND LONG-TERM GOALS
FOR A COMPLETE ROADMAP

THANK YOU