

# How to Set a Goal

## Unleash your Rainbow



Follow these 5 simple steps to set a goal with milestones on the [Rainbow Action Hub](#):

### Step 1

#### Decide What You Want to Work Towards

Select the dream you want to activate and transform into an achievable goal. Confirm it's what you really want to be, do or have?

### Step 2

#### Create a **SMART** Goal Name

Log in to [Rainbow Action Hub](#) and navigate to My Goals.

Click **Set New Goal** and this will open the **Set New Goal** page.

Type in the name of your goal and follow the SMART principle, to ensure your goal is:

**Specific    Measurable    Achievable    Relevant    Timely**

For example, I could write, 'Run in the Bridge to Brisbane'. However, this is not measurable.



If I write, 'I will run the 10km Bridge to Brisbane on October 15 2023 in under 56 mins', then this meets all the criteria of a SMART goal.

So, if I run the race in under 56 mins, I can see that I have achieved my goal!

## Set New Goal

Don't forget to make it Smart - Specific, Measurable, Achievable, Realistic and Timely

Goal Name\*

I will run the 10km Bridge to Brisbane on October 15 2023 in under 56mins

### Step 3

#### Select a Dream Maker (Main Life Category)

To bring focus to the area of life you're setting a goal in, identify and select the appropriate 'Dream Maker' that is aligned with your goal.

My goal to run the Bridge to Brisbane fits in to a number of Dream Makers. I view it as an integral part of my 'Life & Leisure', and I'm also raising money for charity, so there's a 'Community' aspect too, but for me it aligns more with; 'Health & Wellness'.

## Set New Goal

Don't forget to make it Smart - Specific, Measurable, Achievable, Realistic and Timely

Goal Name\*

I will run the 10km Bridge to Brisbane on October 15 2023 in under 56mins

Category

Health & Wellness



## Step 4

### Describe Your Goal

This is a very powerful step in the process!

Really think about what your Goal means to you, how it will make you feel when you achieve it. By documenting these thoughts and feelings, you bring greater meaning to your Goal and you're more likely to strive for it, and make it your reality.

### Set New Goal

Don't forget to make it Smart - Specific, Measurable, Achievable, Realistic and Timely

Goal Name*	I will run the 10km Bridge to Brisbane on October 15 2023 in under 56mins
Category	Health & Wellness ▼
Describe your goal	I'm so excited to be running the B2B again this year! I'll be 56 and it's my 11th race, so very proud of my achievement... not bad for someone who once said they couldn't run! I love the race build-up. Training helps maintain my health and fitness. The atmosphere on the day is fun and exciting, and to run the race in under 56mins will feel awesome. I'm raising money for charity once again, so can't wait to exceed my fundraising target and help the community too! ..... Woohoo!!!!

## Step 5

### Create Milestones

Set some clear and realistic milestones or targets, that you need to reach to achieve your goal. Have as many as you wish, and ensure you have a realistic completion date for each. Adding a completion date, brings timelines to the milestones, and your overall goal. In most cases, the last milestone date will be the overall goal completion date.

Please note the following "site functionalities" to increase your site enjoyment when typing your milestones.

- There are 5 text fields to add your milestones
- Extra fields may be added, but the milestones need to be a manageable number
- Ensure you plan your milestones well before typing into the fields
- There's a limit to the number of characters you can view on screen in each milestone field. However, all characters can be seen when you print the goal

## Set New Goal

Don't forget to make it Smart - Specific, Measurable, Achievable, Realistic and Timely

Milestone		WHEN BY
1.	I will run 5 km in under 35 mins	15-05-2023
2.	I will run 6.5 km in under 40 mins	15-06-2023
3.	I will run 8 km in under 50 mins	15-07-2023
4.	I will run 9 km in under 55 mins	15-08-2023
5.	I will run 10 km in under 57 mins	15-09-2023
6.	It's Race Day!!! ... I will run 10 km in under 56 mins	15-10-2023

[+](#) [-](#)

[Save Goal](#)

Once these steps are complete, click **Add Goal** at the foot of page and your goal is set.

## Sample: Summary of Goals

# Unleash your rainbow!

- Profile
- Contact Book
- Goals
- Vision Boards

### My Goals

[How to Set a Goal](#)
[Set New Goal](#)

✓ Your Goal Successfully Added

**I will run the 10km Bridge to Brisbane on October 15 2023 in under 56 mins**

I'm so excited to be running the B2B again this year! I'll be 56 and it's my 11th race, so very proud of my achievement...not bad for someone who once said they couldn't run! I love the race build-up. Training helps maintain my health and fitness. The atmosphere on the day is fun and exciting, and to run the race in under 56mins will feel awesome. I'm raising money for charity once again, so can't wait to exceed my fundraising target and help the community too! .... Woohoo!!!!

[Goal Details](#)

### My goals

I Will Run The ... ✓

[View My Goals](#)

### My vision boards

[View My Boards](#)



Congratulations, you've set a goal in the [Rainbow Action Hub](#). It's now time to activate yourself, and work towards each milestone with; **Focus, Discipline** and **Determination**.

...and if you need support to take the next steps towards your goals and dreams, and the pot at the end of your rainbow, then I'd love to hear from you.

Head to [Manage My Rainbow](#) and see how I can help you go from; 'aHa' to 'WoW'.

I'm Allan Bennett! I'm managing my rainbow and I'm here to help you manage yours, so you have confidence to be yourself, embrace life and thrive.



**R**egular **A**ction **I**s **N**ow **B**elieving **O**ur **W**ishes