

GOAL MASTERY FOR CREDIT UNION PROFESSIONALS

Empower | Excel | Achieve

The real work starts here and understanding how your goals connect with your role at the credit union is crucial to turning your ambitions into tangible results. Ready to dig in? Let's get to it.

Defining Your Goals

Write down one personal goal and one professional goal.

Personal Goal

Professional Goal

Audit Your Current Habits

Identify your daily habits. Then label each as supportive or non-supportive of your goal.

Daily Habit

Supportive or Non-Supportive

Choose a non-supportive habit from the list above.
What habit could you replace it with to better support your goal?

New Habit

Conquering Self-Doubt

Write down one negative thought or limiting belief you've had about your ability to achieve your goal:

Limiting Belief:

Is this belief based on fact, or is it an assumption? What evidence do you have to challenge this belief?

Challenge:

How can you reframe this limiting belief into something more positive and empowering?

New Thought:

Using the SMARTER Framework

S (Specific):

What exactly do you want to achieve?

M (Measurable)

How will you track your progress?

A (Achievable)

Is this goal realistic given your current resources and timeframe?

R (Relevant)

Does this goal align with your overall career aspirations and role in the credit union?

T (Time-bound)

What is the deadline for achieving this goal?

E (Entertaining)

How can you make this goal fun or exciting, so you stay engaged and motivated?

R (Risky)

Does this goal challenge you enough and involve an element of risk that will push you out of your comfort zone?

Action Plan

List 3-5 specific actions you will take in the next month to work toward your goal:

Action #1

Action #2

Action #3

Action #4

Action #5

What is the deeper purpose(s) of your goal?

How will achieving this goal transform your life or career in a meaningful way?

Reason #1

Reason #2

Reason #3