

Your Magical Coach – Part 3 (Goal setting)



By Magic Wilson

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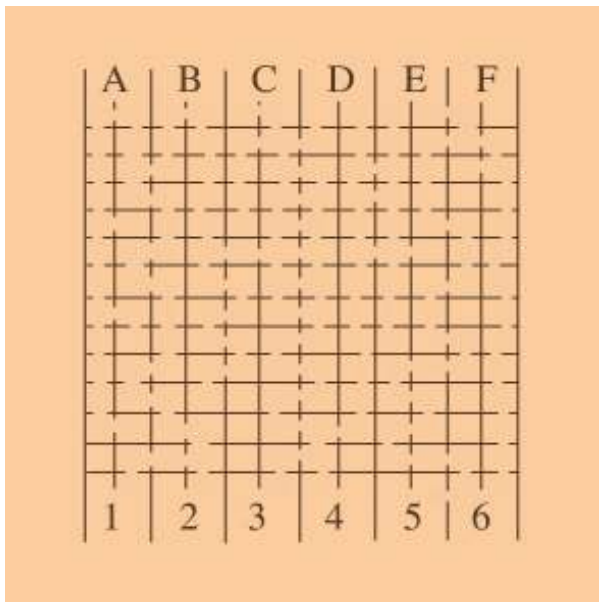
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If you followed my suggestion from last time of considering one possible change to your habits and did your best to make that happen since last month, I bet you found the results amazing, didn't you? Congratulations! However, many people are still puzzled as to how they should change as they don't understand the key for quality goals.

Now you are going to solve a problem. In the following diagram, try to link the six starting points A, B, C, D, E and F with their corresponding destinations 1, 2, 3, 4, 5 and 6 respectively by drawing six lines **that must not overlap with each other**. Can you solve this problem within 30 seconds?



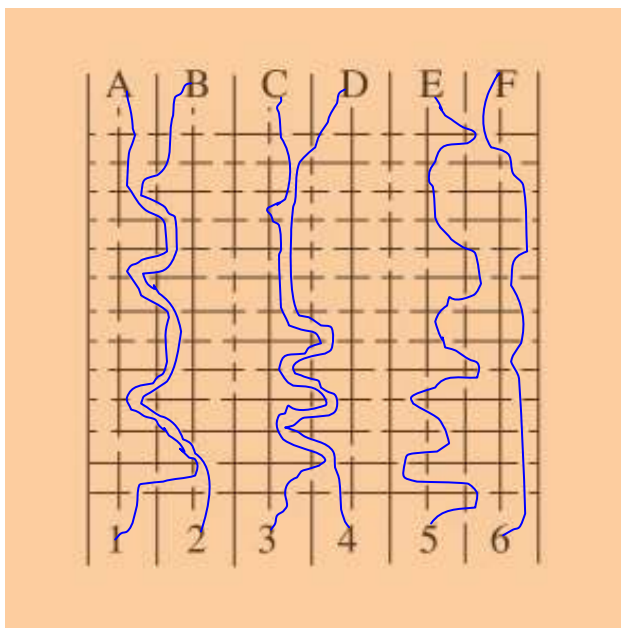
You may find that this is not as easy as it looks, right? If you know the magic of setting high quality goals (otherwise known as AQA goals), you can manage to do this in 30 seconds. **A quality goal is your helmsman: the thing or person who directs your way to a richer life!**

A quality goal should be:

1. **A**ttainable – possible for you to achieve and with a reasonable level of confidence
2. **Q**uantifiable – clear and with measurable figures (e.g. number of years, months, hours or even seconds!)
3. **A**adjustable – can be modified, either tightened or loosened, during the process

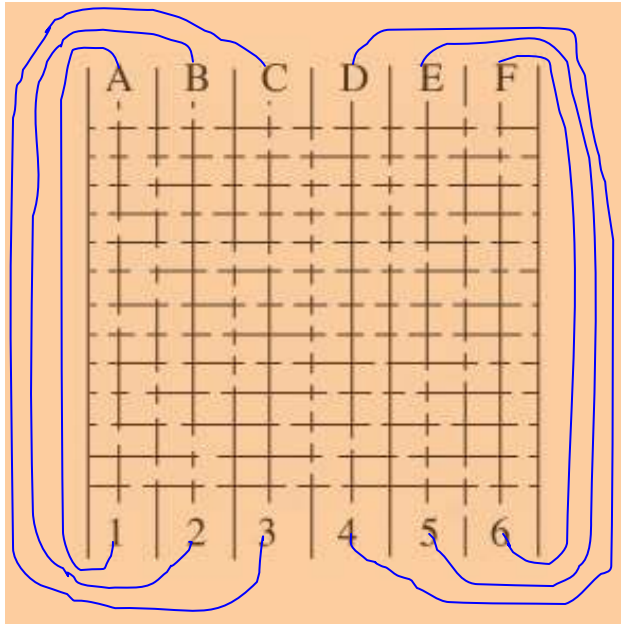
Then, you have to have a clear mission statement for your goal. In the above activity, most people’s mission would be “To draw six lines from points ABCDEF to points 123456 respectively, without the lines crossing each other, all within 30 seconds”. Some people won’t have a mission in mind but will just start from the alphabetic side without a clue as to what they will do. The mission sounds attainable and quantifiable enough but does not seem to be adjustable because you’ve already fixed on the idea that you must draw lines from ABCDEF (starting points) to 123456 (destination). This limits your other possibilities.

However, if my goal is “To use 6 lines to link ABCDEF with 123456 within 30 seconds”, you will find that there is another way to achieve it: by going **back** from 123456 to ABCDEF. Try it! Bingo! It is because success can be achieved far easier by working **back** from your goals. In the same way as we do when going somewhere new, the best approach is to start at our destination and work back to our location.



Many people are also constrained by the maze. They think that they have to go through the maze to attain their goal (i.e. to link the starting points with the

destinations). However, if we can think out of the box, we can come up with more innovative ideas, like this one:



In real life, many of us solve problems by thinking deeply and getting stuck in the process, making ourselves restricted by conditions and resources without having a fine-tuned goal.

So what can we learn from this problem?

- set goals by looking at what we really want – our destination – and work backwards to get there
- set goals without boundaries and have innovative goals to work on
- adjust the goals when we get stuck and adjust to higher goals when we've reached the goals

Act now: modify your goal and use the "AQA" quality goal method to guide you. You'll soon see that there's a different way for you to achieve a richer life!

Of course, we all get stuck sometimes and cannot see enough progress. In next month's article we'll introduce some subconscious magic that helps your continuous improvement.

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