

the W.I.S.E.R. Goal-Setting Program

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Making smart goals is essential to any kind of growth. And this year, the Unification Church is all about growing. As a faith community dedicated to the nurturing of families centered on God, we want to make it our priority to set smart goals to nurture our marriages, our families, our friendships and, most importantly, our relationship with God, our Heavenly Parent.

WHAT IS A SMART GOAL?

A smart goal is specific, realistic and has a beginning and an end. The W.I.S.E.R. Goal-Setting program was created to help guide young adults to envision a desirable future and to have a realistic, step-by-step method with which to create that future. The program is straightforward enough to be adapted for use towards any goal for any age group.

This method addresses the typical roadblocks of defining a goal, consistently acting upon it and maintaining that initial motivation. It may be easy to set a goal in the inspiration of the moment, but it takes a lot more work to follow through. For example, in our last issue we explored our personal foundations for Foundation Day on February 22 of this year, and we noted that a lot more work remains to build a house after its foundation is built. We have many values and determinations that we want to offer to this world, but to move forward from thought to action, we must know what steps we want to take, carry out these steps and all the while keep in mind the original purpose behind our actions.

How can we dream big, live big and accomplish big things? We must make goal-setting a lifestyle, not just a New Year's resolution. Consistency lies in the mindset that each moment brings a new opportunity. We don't need to begin from when we wake up, from Sunday, or from Foundation Day, but rather we can develop a strong habit of goal-setting that can carry us and reignite our inspiration throughout our lives.

For 2013, in this era that Unificationists call *Cheon Il Guk* (one heavenly sovereignty), we envision a future made up of communities rich with loving families. Let's envision a future of One Family Under God, working one family at a time to attain our goals.

W

STEP
ONE

Define

WHAT

you want & by when
(90-day time period recommended)



A List what you want to have, to do, to be, and choose one to start with.

B If it isn't already, adjust your goal to make it specific and measurable.

C Believe that you can achieve and that you deserve to achieve your goal.



*Believe you can, believe you can't...
either way you'll be right. -Henry Ford*



A

B

A

C

I

STEP
TWO

INSPIRE

yourself



- A** Why do you want to accomplish your goal? Describe how it will feel to achieve your goal. Re-write your goal to include the aspects that inspire you.
- B** Find a picture that represents the accomplishment of your goal and post it where you can see it daily.
- C** Write down how you will celebrate/reward yourself when you achieve your goal.

A

S

**STEP
THREE**

Create a

STRATEGY

step by step



A List various action steps that will help you accomplish your goal and decide when you will do these tasks.

B Create a simple spreadsheet to track your daily and weekly actions [your action log].

C Share your goal and strategy with a mentor or with your small group, who will keep you accountable to your action plan. Adjust as necessary.

“ They say motivation doesn’t last. Neither does bathing. That’s why we recommend it daily. ” —Zig Ziglar

EVERY DAY
I WILL

1

2

3

A large black number '4' is positioned on the left side of a black rectangular box. To the right of the number, the words 'STEP' and 'FOUR' are stacked vertically in a white, sans-serif font. 'STEP' is in a smaller font size than 'FOUR'.

STEP
FOUR

EXECUTE

your strategy daily



- A** Look at your Inspire section, including the picture you chose to remind yourself of your Why.
- B** Do 1 – 3 things every day to contribute to your goal.
- C** Record your actions in your daily log.

“ *A goal properly set is halfway reached.* ”
—Abraham Lincoln

B


R

STEP FIVE

REVIEW

your action log, adjust and re-determine (on a weekly basis)



- A** Measure your progress at the end of the week.
- B** Review your action log with your mentor and identify your successes and challenges in the past week.
- C** Next, review your strategy, check for inspiration and make sure you still want what you set out to accomplish. Make necessary adjustments to improve your progress and recommit to your daily actions for the upcoming week. 

Lined writing area for step B, featuring a large green 'B' background graphic.

WHO CAN HELP ME ?

To hold myself accountable to my
Wiser Goal-Setting Program, I will
share my goals with:

Blank box for writing names, with a dashed line at the bottom.