

# Day 19 Goal Setting

## What is this squiggly skill?

Goals create a focus for your efforts and help you achieve more of what matters to you at work.  
Without goals, you can feel like you're busy doing lots of things that don't add up to achievement.

## Recommended Resource



**The Long Win**  
Cath Bishop

## Recommended Listen



**Squiggly Careers #193**  
Your brilliant best - Goals with Cath Bishop & Adrienne Herbert

## Ideas for Action



### Setting & sticking

Goal setting: Start by zooming out. Sounds like: *What do I want to achieve by the end of the year?*

Goal sticking: Divide the time between now and your goal date into smaller actions that add up to your desired outcome. Sounds like: *In the next month I need to...*



### From & to

Know your goal **from** and **to**.

Sounds like:  
*From = I know nothing about AI*  
*To = I want to make sure I'm experimenting every week with a new way of adding AI into my work.*