

Chapter 6: Short Term Goals and Long Term Goals



S1: In this video, we'll learn about short term goals and long term goals.

What Are The *Differences* Between
**Short Term Goals And Long Term
Goals?**

S2: So what are the differences between both short term and long term goals?

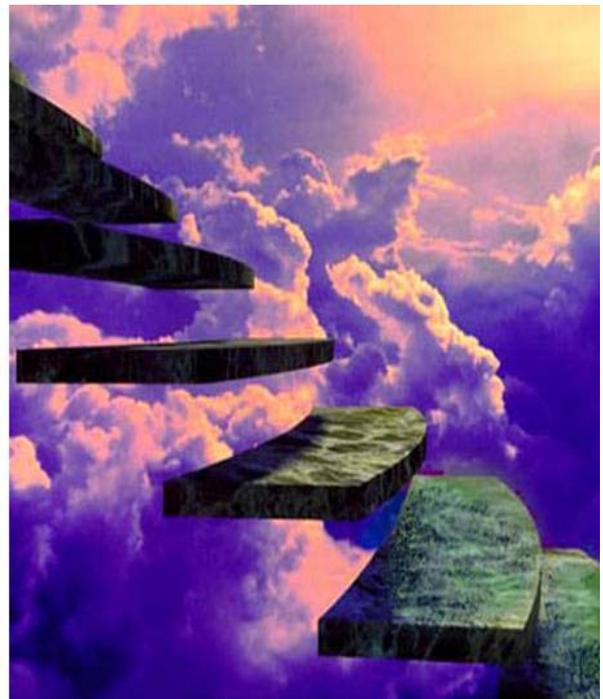


S3: Yes, they are different in the length of time the actions take to accomplish them.

Did you know that we also differentiate whether our short or long term goals are **'Stepping Stone'** goals?

S4: But did you know that we also differentiate whether our short or long term goals are 'stepping stone' goals?

Stepping stones are ***significant*** and yet ***constructive goals*** which enable us to **Achieve the Long Term Goals**



S5: For us to understand further, regardless of the amount of time used, the 'stepping stones' are significant and yet constructive goals which enable us to achieve the long term goals. We should first proceed to comprehend the characteristics of each type of goals before thinking of how setting such goals will help us.

Long Term Goals

- It usually takes longer than one month to achieve
- Time and planning required
- Set a particular timeline to achieve it



S6: Now let's talk about long term goals.

Long term goals usually take longer than one month to achieve as they need time and planning. These long term goals that we set might sound bizarre or even unrealistic when we set them but as we set a particular timeline to it, they won't be impossible. As there are many factors and steps taken to achieve these goals, they usually take up to a year or longer to achieve.

Examples Of Long Term Goals:

- Become an orthopedic surgeon – 10 years
- Produce movies – 1 year or more
- Retire at 55 – years of hard work and planning



S7: Several examples of long term goals include:

Become an orthopedic surgeon – 10 years

Produce movies – 1 year or more

Retire at 55 – years of hard work and planning

A motivational poster with a white background and a grey drop shadow. The text is arranged in four lines: 'SHORT-TERM GOALS' in black, 'LEAD TO' in large black letters, 'LONG-TERM' in black, and 'SUCCESS' in large red letters. The poster is shown as if it's a card with a folded bottom edge.

**SHORT-TERM GOALS
LEAD TO
LONG-TERM
SUCCESS**

S8: As we can understand from these examples, these goals can never be overnight success even with planned effort and resources. Therefore we can conclude that long term goals are definitely made up of short term goals which are 'stepping stones' to the main goals.

To define our 'stepping stone' goals, we must first recognise the traits of short term goals.

Short Term Goals

- It might take less than a year to achieve, depending on the nature of the goal
- Short Term goals are often easier to complete than long term goals



S9: So, let's talk about short Term Goals

Short term goals might not take longer than a year to achieve, depending on the nature of the goal itself. These goals are often easier to complete than the long term goals.

Examples Of Short Term Goals

- Finish revision of a chapter in 2 days
- Planning our personal budget
- Making a list of items for shopping

S10: Examples of short term goals:

Finish revision of a chapter in 2 days

Planning our personal budget

Making a list of items for shopping

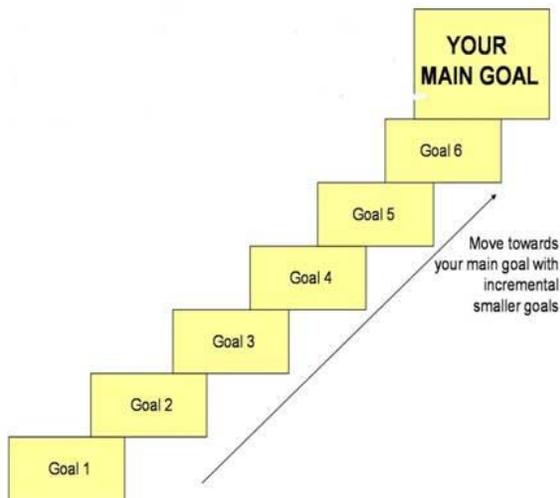
Stepping Stone Goals

- Stepping stone goals enable us to create progress towards a greater, often long term goal
- When setting long term goals, we set the timeline based on the amount of time, resources and our effort to accomplish these stepping stone goals

S11: More often than not, short term goals enable us to achieve the bigger long term goals. As such, they are called the 'stepping stone' goals or 'enabling' goals. Stepping stone goals enable us to create progress towards a greater, often long term goal.

Without such stepping stones, it would be impossible to achieve the greater long term goal. Hence, when setting long term goals, we set the timeline based on the amount of time, resources and our effort to accomplish these stepping stone goals.

Upon achieving all these stepping stones and subsequently the long term goal, we can look forward to our lifetime goals like retiring at 55 with enough money and time to travel the world.



Each stepping stone goal will lead us to the long term goal and every long term goal can subsequently **Guide** us to our *lifetime goals*

S12: As illustrated in the diagram, we can conclude that each stepping stone goal will lead us to the long term goal and every long term goal can subsequently guide us to our lifetime goals.

Goal Length

- The goal length for us to achieve our goals mainly depends on ourselves despite experts' suggestions on the timeline we should follow
- All these usually are down to our own resources and willpower to succeed
- We have to instil in ourselves the mindset that it is possible for us to defy limits like time

S13: Now what about goal length?

The goal length for us to achieve our goals mainly depends on ourselves despite experts' suggestions on the timeline we should follow. All these usually are down to our own resources and willpower to succeed. We have to instil in ourselves the mindset that it is possible for us to defy limits like time.

Along our progress, we will **Lose**
Motivation and next...
Productivity

S14: Definitely, along our progress, we will lose motivation and next, productivity. Therefore we start questioning if the length of time we set to finish our stepping stone goals is suitable for ourselves.

You Should Keep In Mind:

- The scale of the long term goal
- Which goal should be prioritised before others
- How evident the progress is after completing each stepping stone
- Is the target clear enough for us to maintain our motivations

S15: To avoid such adversity in the future, we have to keep in mind the scale of the long term goal, which goal should be prioritised before others, how evident the progress is after completing each stepping stone and if the target is clear enough for us to maintain our motivations.

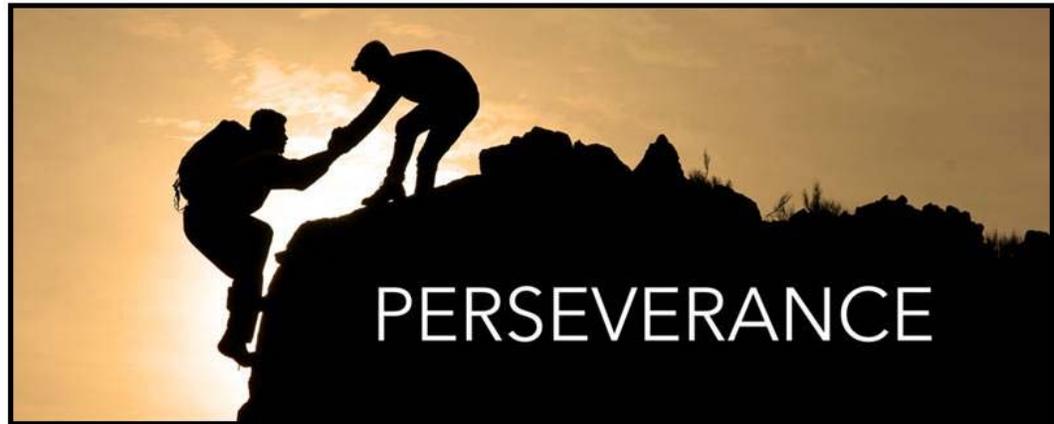
Ask Yourself...

- **Is the scale of the long term goal too immense for each stepping stone goal?**
- **Which goal should be accomplished before the next?**
- **Will the progress be evident enough to motivate us to run towards the finishing line?**
- **Is the finishing line getting clearer and more realistic as we progressed?**

S16: Ask yourself...

- Is the scale of the long term goal too immense for each stepping stone goal?
- Which goal should be accomplished before the next?
- Will the progress be evident enough to motivate us to run towards the finish line?
- Is the finish line getting clearer and more realistic as we progressed?

You can **Develop Systems** to ensure **Each Stepping Stone Goal** is achieved according to the **Timeline** and also to **Track Your Progress** to your *Long Term Goal*



S17: With these factors taken into consideration, you will not lose our focus, passion and confidence in your abilities to complete each goal. At this point, you can also develop systems to ensure each stepping stone goal is achieved according to the timeline and also to track your progress to our long term goal.