

Thinkibility – 29 Day Challenge

Day 5-7 – Aims and Goals

Thinking about Aims and Goals is a metathinking activity - thinking about the thinking. Or blue hat thinking.

Warren Berger says,

“Questioning—deeply, imaginatively, “beautifully”—can help us identify and solve problems, come up with game-changing ideas, and pursue fresh opportunities.”

Question asking is an important aspect to help us consider the direction and ultimate goal. You can read more about question asking in the blog post [Questions about Questions.](#)

Blog posts about Aims and Goals:

- [What Kind of Thinking Situation Is This?](#)
- [Thinking Strategies – It’s Time to Plan the Thinking](#)
- [20 Minutes Idea boost](#)
- [Distancing – A Thinking Strategy](#)



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Day 5 - Aims and Goals

Decide what you are trying to achieve – visualise and break down the goal into smaller steps.

It can help your thinking enormously if you know exactly what you are trying to achieve.

Visualise what you want:

- Go somewhere quiet and private where you won't be disturbed. Close your eyes and think of the goal, mood, new behaviour or skill, you want to acquire.
- Take several deep breaths and relax.
- Visualize the object or situation you desire in your mind as clearly and with as much detail as you can.
- Add emotion, feeling, and your senses to your vision.

Make a break down for each step you need to do to reach your goal. If necessary and helpful, use three levels: goals, sub goals, activities/to do now.

Some suggestions for topics you could use:

- moving or changing job
- fitness
- learning a language
- planning your career
- goals before a deliberate thinking session
- a meeting
- doing the shopping
- cleaning the house

A useful way of making goals more powerful is to use the SMART mnemonic. While there are plenty of variants SMART usually stands for:

- **S** – Specific (or Significant).
- **M** – Measurable (or Meaningful).
- **A** – Attainable (or Action-Oriented).
- **R** – Relevant (or Rewarding).
- **T** – Time-bound (or Trackable).