Setting Goals

*“Would you tell me, please, which way I ought to go from here?”*

 *“That depends a good deal on where you want to get to,” said the Cat.*

*“I don’t much care where. . .” said Alice.*

 *“Then it doesn’t matter which way you go,” said the Cat.*

Lewis Carroll, *Alice’s Adventures in Wonderland*

Why Set Goals?

1. Goals propel you forward.

2. Goals transform insurmountable mountains into walkable hills.

3. Goals help us believe in ourselves.

4. Goals hold you accountable for failure.

5. Goals tell you what you truly want.

6. Goals help us live life to the fullest.

(excerpted from “On the Importance of Goal Setting,” [www.keepinspiring.me](http://www.keepinspiring.me), accessed 2/16/2017)

Benefits

Understanding the benefits of goal-setting may help you do three things: first, they may help you address the value setting goals; second, they may prompt you to take action; and third, they may help you achieve your goals.

Setting meaningful goals can come with benefits:

1. Clearer focus.

2. Optimal use of resources.

3. Effective use of time.

4. Peace of mind.

5. Clarity of decision-making.

6. Easier measurement of what you do.

7. Greater freedom of thought.

8. Easier communication with others.

(excerpted from “8 Benefits of Goal Setting,” [www.the-happy-manager.com](http://www.the-happy-manager.com), accessed 2/16/2017)

Towards Setting Goals—Relevant Questions for Artists:

1. Is there something you think is interesting but have never tried?

 Commit to learning about a new medium or technique.

 2. Is there a medium you like, but never seem to have time to explore further?

 Make time for a medium or technique that you suspect you might love.

3. Is there a class you’ve always wanted to take but never found the time?

 Commit to expanding your knowledge base in a disciplined way.

4. Are you using inadequate art supplies?

 Invest in upgraded materials and tools.

5. Are you skimping on your art supplies by using up all of your old stuff before investing in new?

 Take an inventory and restock what’s missing, nearly gone, or close to expiration.

6. Are you an artistic slob, and does that slow you down?

 Clean and organize your work space. Then make a commitment to clean up as you go.

7. Have you always wanted to display and sell your work?

 Make the decision to go pro: submit work to local and regional shows, create a website, consult others in the art business, join a gallery, etc.

8. Are you making the time to practice your art?

 Devise an art schedule with blocks of uninterrupted time. (For time-management tips relevant to artists, see Leslie Riley, “Ten Steps to Conquering Your To-Do List,” [www.LesleyRiley.com](http://www.LesleyRiley.com)).

9. Are you documenting your artistic progress or using art to document your life and desires?

 Start an art journal as a way to stay inspired and keep track of your artistic development.

(excerpted from Lee Hammond, “New Year’s Resolutions for Artists,” 12 January 2017, [www.artistsnetwork.com](http://www.artistsnetwork.com), accessed 2/16/2017)