

# 10 reasons to set goals for 2020

 By [Maiyo Febi](#)

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Setting goals for the New Year may be the last thing you feel like doing now that the festive season has kicked in, but eventually, New Year's Day will come and go, the festive buzz will fade and it will be back to 'business-as-usual'. This is where setting goals becomes important because when most people go back to their routine, you shouldn't have to. This begins with setting inspiring goals that will excite and propel you.



Maiyo Febi

Many of us don't set goals because we are afraid we won't achieve them or we just don't know how to. The good news is it's natural to feel afraid, it's a sign that you are stretching yourself and it shouldn't deter you; the power is in acting in the presence of fear. Secondly, setting goals isn't as complicated as it may sound.

All you'll need is a notebook, pen and an honest heart. Simply write down what you really, really, really want to do in 2020. Not what you think people expect of you, not what you think should make you happy but something that you desire deep within your soul. This can be in any sphere of your life: health, relationships, career, spiritual, financial and so on.

## Here are 10 reasons why you should set goals:

1. They trigger new behaviours; new things are exciting and make us feel alive
2. They give you focus in life
3. They give you momentum and growth according to what your goals are
4. They promote a sense of self-mastery as you can manage, measure and improve
5. They increase energy
6. They make you put in more effort because it's important to you
7. They increase your persistency
8. They help motivate you to develop strategies
9. They increase your pleasure in life
10. They are a declaration and commitment to who you want to become

We live in a time of political, social and economic uncertainty and you may be feeling a sense of helplessness and hopelessness in your own life. It doesn't have to be that way! Goals give you something to go for, something to live for, as you'll develop a sense of ownership and responsibility for yourself. So set some goals today, you'll be amazed at the possibilities.

## ABOUT MAIYO FEBI

Maiyo is the founder and managing director of Native Worx, a boutique consultancy that empowers leaders to position transformation as an essential part of an organisation's growth & development through solutions in change management, corporate affairs and building a culture of personal accountability.

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