measurement criteria.

Now try to answer these questions:

As you read this, it is easy to presume that your goal is to overcome a fear of public speaking. You may want to overcome public speaking anxiety, but that is only an achievable goal if you want to become a better and more self-confident public speaker.

In other words, if you want to become a better and more self-confident public speaker, you can create your plan for setting value-based goals, by adhering to a few simple steps.

Every individual has a set of their own values, which they have formed over time, with the help of experiences, the environment, other people, and inner world events. You can identify your core values. There is no point in wasting time with goals that are only superficially related to your values.

Values are what we truly care about, and they are in similar to our core beliefs. As they are the force, which motivates our behavior, when we live following what we actually stand for, we create a chance to be happy and content with ourselves.

Values have several life domains, such as personal and in relation to other people (friends and family), work, wellbeing; employment; recreation; spirituality; citizenship/community. Overcoming fear of public speaking can be the goal within several of these domains, such as personal growth, development, personal values?

It is very difficult to assess your progress, without having any objective criteria for measuring the quantity and quality of your goal, such as "How much?", "How often?", "How big?", "How many?". For example, if you rate your fear of public speaking on a scale of 1-100, that can be one of your measurement criteria.

SMART Goals

A - Achievable
S - Specific
M - Measurable
T - Time-framed

SMART is a well-known acronym that refers to something that is specific, measurable, achievable, relevant, and time-framed. SMART goals are the most effective ones. In order for goals to be SMART, you need to focus on specific values.

If you, for example, want to overcome your fear because you find that it is important to grow in your personal and professional life, the first step is to identify the value needs. You can identify the value needs by asking yourself three questions:

- What do you want to achieve?
- Why do you want it?
- What are the obstacles you face?

Now try to answer these questions:

As you can probably see, coping with public performance anxiety is just one piece of the puzzle – one of the things that will contribute and will help you accomplish what you actually want to develop your skills and resilience to stressful situations, such as public speaking. You can accomplish it within the next 24 hours. You can also do it in the long term, for example, if you feel that you have to be a better public speaker in order to get a promotion at your job.

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