

My Personal Goals

Name: _____

Date: _____

Step #1: Get READY!

What do you WANT in life, but don't have?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

1. _____
2. _____
3. _____

What do you HAVE in life, but don't want?

These are the things that; cloud your mind, take up time, aren't supporting you or add stress without a sense of reward.

1. _____
2. _____
3. _____

What's most important to you in life? My Top 3 Priorities are:

1. _____
2. _____
3. _____

Where do you want to be in 10 years?

It's 2026. Think about the big picture - where you want to be? Be realistic but also inspired. Think POSSIBILITY not probability. Take a moment to really visualize what will your life (personally and professionally) look, feel, and be like.

Step #2: Get SET!

If you did nothing else, what 3 things would you make this year a SUCCESS?	Why bother? What outcome are you looking for? WHY do you want it? What are the BENEFITS?	WHEN will you achieve it by? A date to aim for & inspire you, not beat yourself up with	HOW will you know you've achieved your goal? What and how can you measure it?
1.			___/___/2016
2.			___/___/2016
3.			___/___/2016

Step 3: Start Your Engines!

What ONE thing will I do for EACH goal in the next month?

Write out just ONE action that you will complete towards EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

GOAL 1 Action _____ by _____

GOAL 2 Action _____ by _____

GOAL 3 Action _____ by _____

Who's on my TEAM? (My help & support: Friends, Family, Boot Camp Buddies, Co-Workers, etc.)

1. _____ HOW Can they help? _____

2. _____ HOW Can they help? _____

3. _____ HOW Can they help? _____

8. Success Accelerators:
What can I start doing, stop doing, do more, or less of, that will help me achieve my goals?

9. Smash those Obstacles:
What could get in the way? If you were going to sabotage yourself how would you do it?

10. What is the DIFFERENCE that will MAKE the DIFFERENCE?

Step 4: On-Target Checks

If you were to score yourself from 1 to 10 on how likely you will be to achieve your goals, what would it be? ___ / 10

****When your score is an 8 or more – Congratulations, you have a plan!*

****If your score is LESS than an 8, ask yourself what obstacles will get in your way from achieving your goals. List them out and then create a plan on how to overcome those obstacles!*

I am committed to achieving these goals this year

Signed: _____ Date: _____

Around here,
we don't look backwards
for very long...
We keep moving forward,
opening up new doors and
doing new things