

# 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.

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## Step #2: Get SET!

If you did nothing else, what 3 things would you make the next 12 months 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. .... .....		___/___/_____	
2. .... .....		___/___/_____	
3. .... .....		___/___/_____	

### WHY Do You Want To Achieve Those Goals? What Is Your SO THAT?

Your SO THAT helps you make the **CHOICES** you make each and everyday. Having some clearly defined So That's will help make this journey easier because the **CHOICES** you make are So THAT.

Ex: Lose Weight – So That I feel better about myself and can fit into all my clothes again

Energy – So That I can get off the coach when I get home and play and run around with my kids.

Healthy – So That I can have a healthy lifestyle as a get older and be around for my kids and grandkids. Use the 3 Goals from above to complete your So That sentences below.

Goal 1. So That \_\_\_\_\_  
\_\_\_\_\_

Goal 4. So That \_\_\_\_\_  
\_\_\_\_\_

Goal 3. So That \_\_\_\_\_  
\_\_\_\_\_

**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 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? \_\_\_\_\_

### 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 in 2016**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_