

GOAL SETTING

1 Start by writing down 25 things you want:

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2 Once you have your list, pick one as a goal.

3 Now, let's put the goal into a measurable sentence.

It has to be measurable so you'll know when you've completed it. There has to be a deadline. Pick something that causes you to stretch, but also something that you can complete within the time frame you chose and in the time you have available to you.

For example: By (insert date and time), I will have completed and created (insert goal here). I will know I'm done because of (measurable statistic).

By _____, I will have completed and created _____.

I will know I'm done because of _____.

Now commit.

4 Why do you want to achieve this goal?
