

# GOAL SETTING

START BY WRITING DOWN 25 THINGS YOU WANT:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_

21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_

ONCE YOU HAVE YOUR LIST, PICK ONE AS A GOAL. WRITE IT HERE.

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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 CHOOSE AND IN THE TIME YOU HAVE AVAILABLE TO YOU.

BY \_\_\_\_\_, I WILL HAVE COMPLETED AND CREATED \_\_\_\_\_.

I WILL KNOW I I'M DONE BECAUSE OF \_\_\_\_\_.

**NOW COMMIT!**

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

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