

WHAT DO YOU WANT 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.

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'M DONE BECAUSE OF _____.

NOW COMMIT!

WHY DO YOU WANT TO ACHIEVE THIS GOAL?
