

MAKE YOURSELF



A MENTAL GPS

GOALS

“Only about 3% of people have clear written goals and plans that they work on each day.”

– Brian Tracey

TOP 3 IN 30 SECONDS

Write your top three most important goals. Whatever comes to mind, put it down on the paper, don't second guess, just write!

1.

2.

3.

WHY ARE GOALS IMPORTANT?

It has been researched that when you physically write something down, you are 5-10x more likely to accomplish it. The goal of this program is for

you to be successful, and part of that is knowing with clarity what you want and why you are working for it. The following exercises will take 15-20 minutes and will monumentally aid in your success! Find a quiet space with no distractions (yes that means turn off your phone) and focus on *you*.

TOP 10 IN 12 MONTHS

Alright now let's narrow your focus a bit. You can go off the first three things you wrote down to this, or change directions, it's up to you. Think a little more realistically now, what can and will you accomplish in the next 12 months? Don't think about the logistics of it all, just fast forward to this day next year, what did you accomplish? Write these goals as if they have already happened.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

20 ITEM ACTION CHECK LIST

On your list of 10, which of these goals resonates the strongest with you?
Circle it and write it here:

What does it tell you about your values? What can you do today,
tomorrow, and actively day by day to accomplish this goal? Just write!
Think about the people, places, time, energy, resources, etc. that you will
need to make it happen.

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How much time, realistically, will you have to commit per day to achieve these goals?

Will you need the help of others to achieve them? Think in terms of accountability, motivation, or the work/resources to accomplish the goal itself.