

My Goal →

Date you want to reach your goal →

Work Backwards: Break your goal into small steps!

① →

② →

③ →

④ →

⑤ →

Did I reach my goal? → **Yes!** →

REWARD

Not yet →

Ways to get back on track

1.
2.
3.

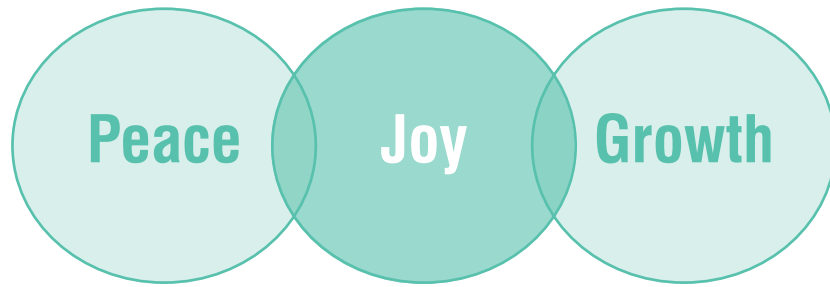
Do I need to reevaluate my goal, make adjustments, and regroup? →

Is this goal bringing me:

Peace

Joy

Growth



Peace and Growth pull us in opposite directions but can overlap in Joy!

What Brings
You Joy?

How can you use these joy-filled experiences to help you reach your goals?

PHYSICAL

FINANCIAL

SPIRITUAL

SOCIAL

MENTAL

EMOTIONAL

TODAY:

/ /

3 Things that you
enjoy to do?

One thing
I fear but want
to conquer



ONE PLACE I WANT TO VISIT

This time of year reminds me of:

TWO things that are changing at this stage of
your life or career:

1.

2.

Three things that I want
to learn to do:

1.

2.

3.

One thing that I think about but I'm not ready to share with others:

What is on your mind that makes your worry or anxious?

PHYSICAL

- 1.
- 2.
- 3.

MENTAL

- 1.
- 2.
- 3.

SPIRITUAL

- 1.
- 2.
- 3.

FINANCIAL

- 1.
- 2.
- 3.

SOCIAL

- 1.
- 2.
- 3.

EMOTIONAL

- 1.
- 2.
- 3.

HOME

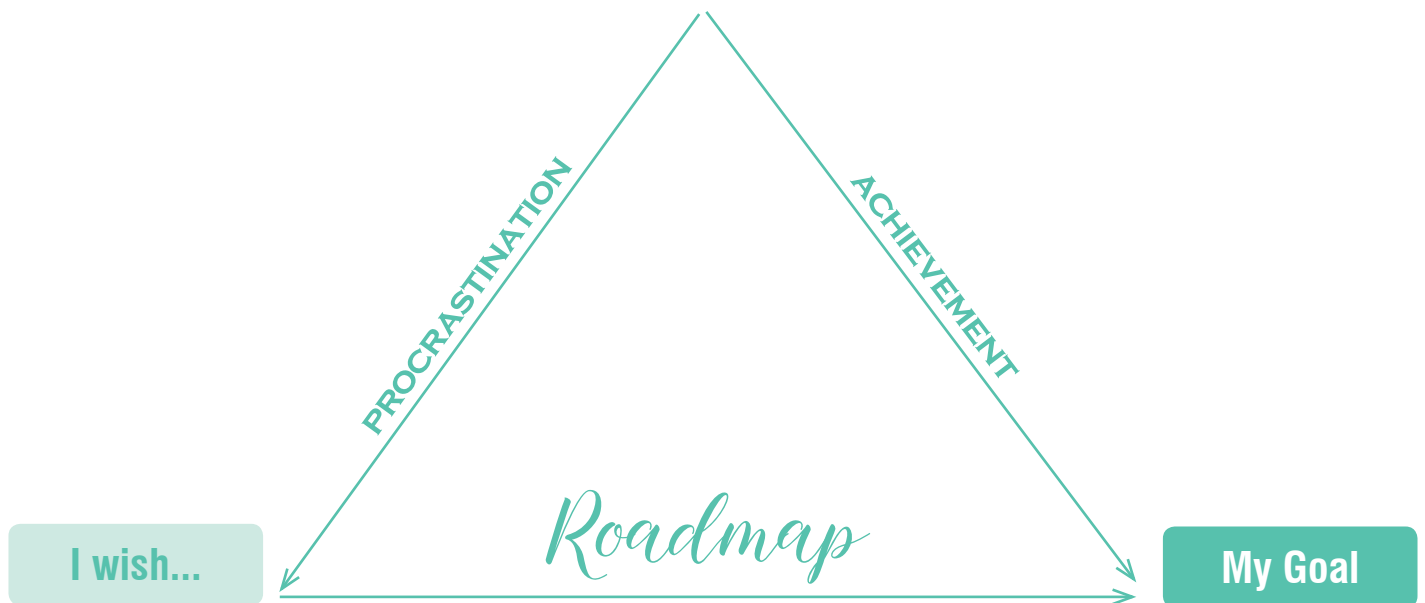
- 1.
- 2.
- 3.

BUSINESS

- 1.
- 2.
- 3.

FAMILY

- 1.
- 2.
- 3.



① List Your Strengths / Talents / Skill sets

② Assess Your Assets

③ Enlist Partners

④ Brain Dump / Mastermind

⑤ Formulate a Strategy

⑥ Break Down Strategy into Small Steps

- One Year divided by 12 divided by 4 = Weekly Checkpoints

⑦ Execute Quickly

⑧ Make Adjustments / Regroup

⑨ Implement