



Goal-Setting Sheet

Three Focus Goals

- 1.
- 2.
- 3.

Financial

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		

Career/Business

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		

Free Time/Family Time

What I want ... Specifically	Why I want It	Date I Achieved It



PROVOKING MEASURABLE GREATNESS

1		
2		
3		

Health/Appearance

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		

Relationship

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		



Personal Growth

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		

Making a Difference

What I want ... Specifically	Why I want It	Date I Achieved It
1		
2		
3		

HOW TO USE THIS FORM

- Be specific (One way to check yourself is to ask, “How do I measure the result?”)
- Stay away from the non-specific – “more, better, different” – words ending in “er.” (i.e., To be healthier, wealthier, happier, etc.)
- Use inspiring words (i.e., “To be at my goal weight of ___” is stronger than “To lose 15 pounds.” Begin with, “To be, to do or to have...” Let the know reveal itself every day, and then take action.
- There are 3 focus goals at the top of the form. Once you listed all your goals, decide on your top 3 most important goals to focus on for the month. Review your Focus Goals daily.