

ACHIEVE
YOUR GOALS

start with where you're at

visualization exercise

Evaluate your life

- **Health**
- **Love**
- **Social relationships**
- **Money**
- **Career/purpose**
- **Creativity**
- **Impact**
- _____

10

is your compass

Your priorities

- 1.**
- 2.**
- 3.**
- 4.**
- 5.**

Your priorities

- **Why did you put them in this order?**
- **Why is your #1 priority so important to you?**
- **Are you currently living in line with these priorities? Think about what you did yesterday.**
- **What needs to change in order to align your day with your priorities?**

Your top priority

- **Why do you want to achieve it?**
- **If you achieve it, how will it impact your life?**
- **How do you feel when you imagine achieving your goal?**
- **What will be different when you achieve your goal?**
- **What will be the same when you achieve your goal? (i.e. in what ways are you already living it)?**
- **How will you need to change to become the person who has realized this goal?**

the plan

Planning your goal

- **What are the steps, from start to finish, to attain your goal?**
- **List at least 15 steps.**
- **Break them down into sub-steps that are small enough to schedule on your calendar**
- **For each step, design a time frame and deadline for completion!**

Obstacles

- **List out any obstacles to achieving your goal**
- **List out the strategy to overcome each obstacle**

Shake on it

I, {first & last name}, will reach {your goal} by {deadline}.

To do this, I will need to become a person that _____.

I will need to believe _____ about myself.

Thick and thin, I promise to have my own back, no matter what.