

GOAL GETTING

SET YOUR GOALS

**"Be encouraged and be inspired to live a meaningful life
Don't wait around for the perfect opportunity or time.**

It doesn't exist.

So decide, take action and don't give up"

clutter_free_queen

WHY SET GOALS?

Goals should be manageable, realistic and challenging.
YES goals should be challenging, as growth doesn't happen if you remain in your comfort zone.

Having goals in place provides clarity, alignment, commitment and excitement and ultimately are the reason you can make your dreams happen.

Let's make one thing clear first...

Goals should not be put in place to put pressure on you or to stress you out.

They should be set once YOU have made a decision about YOUR life and what you want it to look like.

Then you set goals to help you take action against your decisions and achieve your dreams.

Before you go ahead and set your goals ask yourself these 3 questions:

1. What is my why?
2. Who do I want to be in the next year?
3. Who DON'T I want to be in the next year?

SET SMART GOALS



You would have heard the term 'SMART' goals over and over that's because they make sense and are effective.

How else will you know if you have achieved something and done it well if you can't measure it?

Take your time to think about these properly so that they enable you to take the right actions that will give you the most results
Remember you can always review and update them at any time.

TIPS:

- Separate out Personal and business goals
- Highlight 3 top goals for the month
- When you are writing your goals think about what impact you want to have, what is driving you and the emotion you will feel once you have achieved it.

"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM." -C.S. LEWIS

MONTHLY GOALS

GOAL	IS IT SMART? Y/N	EMOTION

HIGHLIGHT OR WRITE DOWN HERE YOUR TOP 3 PRIORITY GOALS FOR THE MONTH

"IF YOU'RE BORED WITH LIFE - YOU DON'T GET UP EVERY MORNING WITH A BURNING DESIRE TO DO THINGS - YOU DON'T HAVE ENOUGH GOALS." -LOU HOLTZ

ACTIONS TO TAKE MAKE GOALS HAPPEN

GOAL 1

GOAL 2

GOAL 3

**ANYTHING YOU DIDN'T GET DONE DON'T SWEAT IT.
JUST CARRY IT OVER TO THE NEXT MONTH AND DO YOUR BEST TO
MAKE IT HAPPEN THEN.**

"IF YOU'RE BORED WITH LIFE – YOU DON'T GET UP EVERY MORNING WITH A BURNING DESIRE TO DO THINGS – YOU DON'T HAVE ENOUGH GOALS." –LOU HOLTZ