

Goal Setting Toolkit

Goals Brainstorming

If your life could be anything you wanted it to be, what would it be right now? Where would you live?

What would your house be like?

Who would your friends be?

How would you spend your time, if you could do anything you wanted?

What would you eat? Wear? Listen to?

Would you work? If so, what would you do? If not, what would you do?



What do you want to learn? To know? To be?

Where would you like to vacation? What would you do?



Things To Get Rid Of

These are the things that exist in your life right now that you'd be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits... Anything at all that you'd be better off without.

Just complete each sentence, put a deadline on it and make it happen.

I want to eliminate _____
by ___/___/_____ When that's done, my life will be better because:

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I Really Enjoy...

A simple list, but you need to take it very seriously. Be honest with yourself.

What three things in life do you really enjoy the most? What would you do if money wasn't a concern and never could be?

Step-by-Step

What specific goal are you outlining right now?

(Step 1) What is the last thing I need to achieve before this step is made reality?

(Step 2) And just before that?

(Step 3) And before that?

(Step 4) And before that?

(Step 5) And before that?

(Step 6) And before that?

(Step 7) And before that?

(Step 8) And before that?

(Step 9) And before that?

(Step 10) And before that?

(Step 11) And before that?

(Step 12) And before that?

(Step 13) And before that?

(Step 14) And before that?

(Step 15) And before that?

Taking The Step

The step I am focusing on right now is:

1. What financial resources do I need to accomplish this? How much will it cost? Will I need credit? A consistent level of income? Insurance? Real estate?

2. What skills will I need to achieve this? What do I need to know how to do?

3. What contacts will I need to achieve this? Who can help me get there? Who do I know, and who do they know? What do I need to do in return? (Or in advance...)

Taking The Step 2

4. How much time will this stage take? Overall? Per day?

5. What systems will I need to have in place to achieve this? Will I need help, or can I do it alone? What technology is necessary? What will help speed this up?

6. How can I make this part easier on myself? What can I do to achieve this faster, cheaper, and with less risk?
