

Step 1 Get Ready!

Name.....Date.....

What do you want in life, but don't have?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

1

2

3

What do you have in life, but don't want?

These are the things that; cloud your mind, take up time, aren't supporting you or perhaps add stress without a sense of reward.

1

2

3

What's most important to you in life?

My top 3 priorities are:

1

2

3

Step 1 Get Ready!

Name.....Date.....

Think about where you want to be in 10 years from now? Be realistic but also get inspired, think possibility not probability.

Take a moment to really visualise this!

What will your life (personal & professional) look like?

What will your life (personal & professional) feel like?

What might you be hearing?

Step 2: Set your Goals!

Identify your top 3 goals for this year

Name.....Date.....

<i>If you did nothing else, what 3 things would make this year a success for you? What would you be disappointed you didn't achieve this year? Be specific!</i>	<i>Why bother? What outcome are you looking for? Why do you want this goal? What are the benefits to you?</i>	<i>When will you achieve it by? A date to aim for & inspire you, not beat yourself up with</i>	<i>How will you know you've achieved your goal? What way can you measure it? How can you measure it?</i>
1			
2			
3			

Step 3: Start Your Engines!

Name.....Date.....

<i>What one thing will you do for each goal in the next month? Write out just one action that you will complete towards each goal in the next month. This is the first step. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of one.</i>	<i>When By?</i>
1	1
2	2
3	3
<i>7. Who are my cheerleading team? Who will help & support me? (Friends & Family, Partner, Gym-buddy, Colleagues etc)</i>	<i>How Specifically?</i>
1	1
2	2
3	3

Step 3: Start Your Engines!

Name.....Date.....

<i>Success Accelerators: What can I start doing, stop doing, do more, or less of, that will help me achieve my goals?</i>	<i>Smash those Obstacles: What could get in the way? If you were going to sabotage yourself how would you do it?</i>	<i>What is the difference that will make the difference?</i>
1	1	1
2	2	2
3	3	3

Step 4: On Target Checks!

Name.....Date.....

If you were to give a mark out of 10 for how likely you feel you will achieve these goals? ____ /10

When your score is 8 or more – Congratulations, you have a plan!

If your score is less than 8, ask “What, that I perhaps haven’t mentioned yet, might stop me from achieving this goal?”

Then, ask “What am I prepared to do about it?”

Yes I am committed to achieving these 3 goals this year!

Signed _____