

GOALS

1. Physical: (Examples below- notice the positive wording and past tense like I have already accomplished these things)
 - a. Muscle definition
 - b. Dermatologist
 - c. I will lose fifteen pounds easily by weight training and using the elliptical for an hour every day.
 - d. I will successfully complete my first half-marathon in a beautiful location.
 - e. I will choose to eat fruits, vegetables, water, lean protein and supplements, because it makes me feel light and healthy.
2. Emotional/ Mental: (keep the same "outline format" throughout the 14 areas)
 - i.
 1.
 - a.
 - b.
3. Spiritual: (as the physical is our body, and the emotional is our mental state, spiritual is our religious influence)
4. Financial: (money)
5. Career/ My Mission: (what is your purpose? What do you love to do? How can this translate into a career? What do you do to make money and what goals do you have for that?)
6. Relational: (the important relationships in your life: friends, immediate family, extended family, co-workers, neighbors, church family, etc)
7. Responsible: (what are you responsible for: children, home management, homeschooling, paying the bills, etc... what things do you have to/need to/should do)
8. Presentational: (how do you present to others? How do you want to present? how can you be better? examples might be naggy, short tempered, athletic, fun)
9. Time/ Productivity: (how can you improve in this area? how can you be more productive with your day so that you can have more time for things you enjoy? Can you cut down TV watching?)
10. Passionate/ Fun: (what can you talk about for hours? what gets you animated and excited? what do you love to do? how can you incorporate those things in your life?)
11. Intellectual: (always be learning, reaching, and growing. what course, class, degree, book, mentoring, groups... can you get your hands on?)

12. Location/ Possessions: (where do you want to live? who do you want to be with? what do you want to own? what does your day look like? What are you doing?)

13. Habits: (what healthy habits do you need to create? what unhealthy ones do you need to get rid of? how can you do this and by when?)

14. Activities: (what activities do you want to check off your bucket list? travel the world? write a book? Buy a house? have a baby?)

Now.....

Create a...

Big. Hairy. Almost-too-embarrassed-to-say-out-loud. Crazy. Goal.

“ I will own three houses in the United States, and travel between them at will. I will see every continent in the world and photo blog my experiences. I wish to have \$500k in the bank at all times, and a monthly income of \$20k. My brand will grow so large and include a best- selling novel, appearances on television, and request to speak Internationally....”

.....(you get the idea ☺)

Put another way...



1) PHYSICAL (health):

- a) Example- I will lose 15 pounds easily by weight training and using the elliptical for an hour every day. This is important to me because I will have more energy, will feel better about myself, and can play with my kids more easily. If I do not accomplish this, I will continue to feel guilty about every bite of food I take and will not be able to enjoy being active.
 - b)
- 2) EMOTIONAL (mental happiness):
- a) Example- I will eagerly spend 15 minutes of quiet time alone. During this time I will be still in my head, relax my body, and use my senses to smell and listen to my surroundings. This is important to me because I need quiet time to feel happy and relaxed. When I do not do this, I feel stressed and snappy towards my loved ones, which then makes me feel guilty.
 - b)
- 3) Spiritual:
- a) Example- I want to read the bible in its entirety. I will use the You Version app to read a small section every day. By completing this goal, I will feel more confident that my personal and work decisions reflect my belief system. If I do not take the time for my faith, I will not be positioned to pray about the decisions I need to make.
 - b)
- 4) Financial (\$\$\$):
- a) Example- I will work hard happily because my goal is to make \$10k a month by the end of 2017. If I meet my goal deadlines, and make this amount, I will have the freedom to travel the world like I have always wanted. If I do not meet this mark, I will not still worry daily about my financial security and college educations for my children.
 - b)
- 5) Career, Your Mission, Your Business Impact:
- a) Example- I will publish my first book by May 2017. In doing so, I will provide options, encouragement, and training to people who desire to build business, love their life, and balance both. If I miss this opportunity, I will also miss all the secondary opportunities and money brought on by book writing.
 - b)
- 6) Relational (family, friends, and extended family):
- a) I will enjoy a weekly date with one of my children. By rotating individual time with each child, and spending that time do things they feel is fun and exciting, I can have that special time to make sure everything is okay, build memories, and show them how important they are. If I do not take time to do this, I feel that deep meaningful conversation will be missed, when they are grown I will regret not spending more one on one with them, and that they may feel lost in such a large family.
 - b)
- 7) Responsible (what are your responsibilities?):
- a) Homeschool is my primary responsibility. I am glad to have the opportunity to teach my kids and mold the adults they are becoming. For this reason, I will leave all phones and

computers in my office during teaching time so I will not be distracted off of this important task. If I choose to be distracted, the kids are bored and not learning as they should be.

b)

8) Presentational (how do you look/seem to others in attitude/looks/otherwise?):

a) I will dress nice first thing in morning. I want to feel empowered to start my day and I do not want to cringe when someone stops by unexpectedly and I am in my pajamas. My children and husband will see that I am taking effort with my appearance and am a working professional. If I do not take the time to care for myself first, I will less motivated and focused.

b)

9) Time and Productivity (how can you improve in these areas?):

a) I will get up one hour earlier each day in order to have quiet time in my office. Sitting at my computer with a hot cup of coffee makes me feel happy. Having the quiet uninterrupted time allows me to work on the hard, big task first and feel accomplished the rest of the day. If I do not have this time, I feel rushed throughout the day and dread the elephant that awaits me. I find that I procrastinate less, when I hit the big task first. By getting up earlier, I will have time to do this daily.

b)

10) Passionate/ Fun (what are you passionate about?):

a) I will finish traveling the 50 states with my kids. The 4 remaining states we will vacation to this year are Oregon, Washington, Alaska, and Hawaii. The memories we make as a family will be documented in a scrapbook, so that we can prominently display the book and look through it often, keeping fresh in the minds of my children the culture, places and people we have learned from.

b)

11) Intellectual (continuing education):

a) I will complete my GMAT exam so that I can apply for MBA school. The new concepts I learn can be applied into my business and create new growth. I will be disappointed in myself if I do not acquire my higher education, as this has been a long term personal goal of mine.

b)

12) Location and Possessions:

a) I will acquire a warehouse through a tax sale in Indiana. This warehouse will be used to store product for my business and allow me the space to branch out into other niches. If I do not make this purchase, I will have continued difficulty with storage and higher shipping fees.

b)

13) Habits (I need to get into):

a) I need to train myself to wake up earlier. I understand that my sleep is important to me and so I will go to bed at a decent time, in order to start my day early, refreshed, and at my best creativity.

b)

14) Activities (I need to add to my schedule):

a) I have signed up for a $\frac{1}{2}$ marathon and so I need to incorporate time to train for this event. Running and weight training need to be completed in order to be able to complete the marathon.

b)