



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)

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 ☺)

Happy Goal Setting!!