



BIG GOALS

MY GOALS

Now, let's face the truth. There's a chance you may not achieve all your resolutions. We have all been there—we start with the best of intentions, but life happens and things fall by the wayside. If you're lucky, you will do amazingly with some of your goals, but may also feel guilty about the goals you failed at. For this reason, you should set a maximum of 3 goals for the year ahead. Trust me.

Three Big Goals

Plan the three big, audacious goals you will tackle head-on this year. You only have three, so make them count. Look at your life review and the exercises you did for your passions, your legacy and your dream day. What are the patterns telling you? What is the one thing that would make the biggest difference to your happiness, and to your success in achieving the outcome you desire?

You can start with one goal and come back to this page again later in the year. It's a good habit to do regular life reviews and check-ins.

Action Plan

On the following pages there is a space for you to write down a detailed action plan. You need to have a strategy for what you want to achieve, and the right resources in place, so you can move forward. You don't have to know everything, but having the plan will give you much more clarity.

You will break down your big goals and figure out what steps you need to take in order to make them happen. This means that you have a plan for every year, month, week and day.

How to plan goals

Write your goals in present tense, as though you've already reached them. This will help you visualize your goals. Make sure your goals are SMART (specific, measurable, achievable, relevant and time-framed). For example:

By the end of 2017 I am a highly respected, well-known leadership coach. I've published a book and I regularly coach at least 10 clients. In my business I make \$200,000 in revenue per year from one-on-one coaching sessions, workshops, speaking engagements and book sales.

After defining your goals, break them down into smaller milestones and manageable tasks. I suggest you break down your goals into 90 day blocks. Quarterly blocks are short enough to maintain a sense of urgency but long enough for the larger things to unfold. The planner has a space for quarterly reviews so you can keep checking in on how you're doing with your goals.

Once you're done, you can go back to your Goals Summary page at the beginning of the Planner to write down your main goals and other resolutions for the year, so you can be reminded of them every time you open the Planner.

MY GOALS

MY GOALS FOR THIS YEAR:

1

2

3

HOW AM I GOING TO FEEL WHEN I KILL THEM THIS YEAR?

MY REWARD IF I REACH THESE GOALS:

*She fills her life with action. She makes time to create
the life she wants.*

GOAL

ACTIONS I NEED TO TAKE IN THE NEXT (3, 6, 9, 12) MONTHS:

| MILESTONE | TASKS/ACTIONS | WHEN |
|-----------|---------------|------|
| | | |

