

ULTIMATE GOAL SETTING

STEP ONE: GET CLEAR

WHAT DID YOU LOVE IN THE YEAR 2011?

Questions:

A: What were some of your magic moments?

What was magical and Extraordinary?

B: What did you accomplish in year 2011?

C: What are some of the things you want to duplicate in 2012?

WHAT DID YOU HATE IN 2011?

A: What was challenging this past year?

B. What do you not want to have happen again?

C: What did you learn by going through these experiences?

D: Why were they incredibly valuable?

WHAT DECISIONS DID YOU MAKE IN 2011 THAT WERE EMPOWERING FOR YOU?

A: What were some of the most important decisions for you?

B: What decisions might you make next year as a result?

STEP TWO: GET CERTAIN!

#1: Write down anything in your life, that you have achieved, that was once just a goal, dream or desire. What are some of the big or little things that at one time seemed extremely difficult or impossible to achieve or acquire?

#2: Just circle 2 or 3 that seemed most difficult to achieve

#3: For 2 or three of the items circled write down the steps you went through to turn each into reality. You may not have done it consciously, but it is likely something stimulated you to want them so much, that it may have become a magnificent obsession for you then, did you focus on it continuously?

Put a lot of emotional charge into it? Then what? Did you actually create a plan? What were the steps you went through?

STEP THREE

GET EXCITED

Now that you are clear about where you have been, and you have certainty about your ability to make your goals and dreams real, it is time to decide where you want to go.....

#1: In peak state write down every goal you would like to accomplish in your lifetime!. Be sure to include ANYTHING you want to do, be, share, create, have, and give. Include financial goals, personal development goals, physical goals, relationship goals, contribution goals. Anything you'd like to learn, enjoy, or do. No matter how silly or outrageous it may seem. This is your chance to dream without limits. Be sure to keep your pen moving as fast as possible!

#2: When you are finished go through your list and write down the number of years it will take to achieve your goal. 1,2 5 10 20

STEP FOUR:

GET FOCUSED!

#1: Out of your list of goals, circle your top four one year goals. What do you want the most.

What are the top four goals that if you could achieve them this year would get you out of bed early and keep you up late with excitement.

TOP ONE YEAR GOALS::

STEP FIVE:

GET COMMITTED!

#1 For each of your top four one year goals, right a paragraph why they are a must for your to achieve them. What are the reasons you absolutely will achieve this no matter what.

Remember reasons come first answers come second.

Why do you want to do this?

#2: What are some of the things that you may need to do, that you don't want to do to achieve these goals.

STEP SIX:

GET MOMENTUM

Never leave the site of setting goal without taking some action toward it's attainment. You must take immediate action

#1: Decide now:

What is one small thing you will do immediately towards achieving one of your top goals.

#2: What is one big thing that you will resolve to do **immediately** to achieve this goal.

STEP SEVEN:

GET SMART!

Must measure your progress daily or at least weekly. Must measure it specifically.