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SLOW DOWN

Setting goals is exciting! It is very tempting to jump in and start throwing things into the pot and hit the start button. In this workbook, we are doing it differently.

Think about how often you've set your goals using a drive-by method and what happened to those goals as the weeks and months go by. Not saying that won't work for some people, and it may have worked in the past for you. If that is not working now, then it's time to take a fresh approach. After all, insanity is doing the same thing over and over and expecting different results.

This time, let's start at a slower pace. Let's think things through and be more intentional about it. You might find that year after year, you've been reaching for goals that don't matter that much to you.

Before you work on the other pages. Take time now to look at your calendar. Make an appointment with yourself for at least one day.

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SORT & ORGANIZE

You probably have a nice, healthy list of things you'd like to tackle by now, and it can be quite overwhelming at this point. Try to keep that sentiment at bay because we are now going to whittle things down.

Review your list and transfer those things that matter (or will matter) to you for the next 12 months. Choose 3 for each area of your life and organize them below.

WORK / CAREER



FAMILY / RELATIONSHIPS

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PERSONAL

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COMMUNITY

WHY?

Now that you've picked out the things that matter most to you, let's dive deeper to discover why. For each goal you wrote on the previous page, examine them below.

Goal:	
What happens when you accomplish this goal?	What happens when you don't?

WHY DO THOSE OUTCOMES (BOTH ACCOMPLISHED AND NOT) MATTER TO YOU?

PAUSE

Congratulations! Believe it or not, you've accomplished a lot. Before moving on, let's make sure you are truly in-tune with your goals.

After examining your whys for each goal. Are there any you now believe aren't as important as you thought?

After examining your whys for each goal. Are there any you now believe aren't as important as you thought?

YES | NO

Are there any that are still important but no longer something you want to focus on in the next 12 months?

YES | NO

If there are yes answers to either of the above questions, release them for now. It is completely OK. Give yourself permission to shift them out of your radar. You can always come back to them once you've completed the more immediate and important goals. You've already documented them in these pages so can rest easy they won't be forgotten when you are ready.

Now that you've done that, below, write three goals you want to work on in the next 12 weeks.

#1	
#2	
#3	

GOAL GAME PLAN

Focusing on one goal, create a plan of attack for the next 12 weeks.

Goal:	
If needed, rephrase your goal so that it is specific. Give it boundaries. For example, instead of "Lose weight", you want to "Lose 15 lbs". Instead of "Fin- ish school", you want to "Earn 3 college credits towards an accounting degree". This will help you keep your attention laser-focused.	
Write all the steps you need to take or believe you n order	
	eed to take. It doesn't matter if they are out of

SET YOUR MILESTONES - GOAL #1

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on. Example: Lost 5 lbs. Reached 1000 email subscribers.

	Goal #1:	
Miles	stone 1: _	
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Miles		
Miles	stone 4:	
Miles	- stone 5:	
Miles	– stone 6:	
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Miles	 stone 8:	
Miles	stone 9:	
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SET YOUR MILESTONES - GOAL #2

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on. Example: Lost 5 lbs. Reached 1000 email subscribers.

Go	oal #2:			
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SET YOUR MILESTONES - GOAL #3

Milestones help you gauge your progress and serve as mini goals within a goal to spur you on. Example: Lost 5 lbs. Reached 1000 email subscribers.

Goal #	#3:	
Milestone 1	:	
Milestone 2	:	_
Milestone 3	:	_
Milestone 4	:	_
Milestone 5	:	
Milestone 6	:	
Milestone 7		
Milestone 8		
Milestone 9	:	
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CELEBRATION PLAN - GOAL #1

One more thing before you dive headlong into slaying those goals. Make a plan on how you will celebrate each milestone.

	Goal #1:	
Mile	stone 1: _	
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Mile	- stone 5: _	
Miles	– stone 6: _	
Miles	– stone 7: _	
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Miles	– stone 9: _	
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CELEBRATION PLAN - GOAL #2

One more thing before you dive headlong into slaying those goals. Make a plan on how you will celebrate each milestone.

	Goal #2:	
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MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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EVERYTHING ELSE

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AGENDA

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Date: ____

MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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EVERYTHING ELSE

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AGENDA

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Date: ____

MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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EVERYTHING ELSE

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AGENDA

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Date: ____

MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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Date: ____

MUST-DOS

From your Goal Game Plan, what's the next immediate step you must do to reach your next milestone?

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Date: ____

MUST-DOS

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MUST-DOS

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EVERYTHING ELSE

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DAILY STREAK TRACKER

Goal:



MONTHLY STREAK TRACKER



Week Begi	nning:	Ending	g:	
How many days did you work on				
Goal #	1:	Goal #2:	Goal #3:	
MTWI	r F S S	MTWTF	SS MTWTF	
SS				
Were you produc	tive? Why?			
What di	d you learn this we	eek that you can take into	next week and beyond?	
W	hat did you learn t	his week that you would	rather not repeat?	
	What is you	ır next logical step next w	veek for	
GOAL #1:				
GOAL #2:				
GOAL #3:				

Week Begi	nning:	Ending	g:	
How many days did you work on				
Goal #	1:	Goal #2:	Goal #3:	
MTWI	r F S S	MTWTF	SS MTWTF	
SS				
Were you produc	tive? Why?			
What di	d you learn this we	eek that you can take into	next week and beyond?	
W	hat did you learn t	his week that you would	rather not repeat?	
	What is you	ır next logical step next w	veek for	
GOAL #1:				
GOAL #2:				
GOAL #3:				

Week Begi	nning:	Ending	g:	
How many days did you work on				
Goal #	1:	Goal #2:	Goal #3:	
MTWI	r F S S	MTWTF	SS MTWTF	
SS				
Were you produc	tive? Why?			
What di	d you learn this we	eek that you can take into	next week and beyond?	
W	hat did you learn t	his week that you would	rather not repeat?	
	What is you	ır next logical step next w	veek for	
GOAL #1:				
GOAL #2:				
GOAL #3:				

Week Begi	nning:	Ending	g:
	How	many days did you work	(ON
Goal #	1:	Goal #2:	Goal #3:
MTWI	r F S S	MTWTF	SS MTWTF
SS			
Were you produc	tive? Why?		
What di	d you learn this we	eek that you can take into	next week and beyond?
W	hat did you learn t	his week that you would	rather not repeat?
	What is you	ır next logical step next w	veek for
GOAL #1:			
GOAL #2:			
GOAL #3:			

Week Begi	nning:	Ending	g:
	How	many days did you work	(ON
Goal #	1:	Goal #2:	Goal #3:
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Were you produc	tive? Why?		
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GOAL #2:			
GOAL #3:			

Week Begi	nning:	Ending	g:
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Goal #	1:	Goal #2:	Goal #3:
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Were you produc	tive? Why?		
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GOAL #2:			
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Were you produc	tive? Why?		
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Week Begi	nning:	Ending	g:
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Were you produc	tive? Why?		
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GOAL #1:			
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Week Begi	nning:	Ending	g:
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-	e some progress but are unhappy with the pace, v p move it along?	
	you completed your 12-week goal, congratulati	ons! Now is the time to celebrate.
	I have celebrated and rewarded myself for the h	đ
Now that	you have properly celebrated your success, it's I goal. Go back to the earlier pages and start w Or, pick a new goal to work on. Remembe	vorking on the next milestone.

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CHECKLIST


