

GOAL SETTING OVERVIEW

- ☑ Discover who you are;
 - Self assessment (who am I?) your values, beliefs, desires, and your sense of purpose
- ☑ Create a mission statement
- ☑ Create a vision statement
- ☑ Identify your Lifetime goals
 - Identify and then focus on specific, tangible targets for what you want.
 - Maintain at least one clearly defined goal for every major interest and role in your life.
- ☑ Set Capstone goals
 - Set your goals so they are directly aligned with your life's mission, purpose and passion.
 - Create goals high enough to ignite your spirit and inspire you to take action.
 - Write down all your goals in specific, measurable detail with declared target dates.
- ☑ Set Foundational goals
- ☑ Set Provisional goals
- ☑ Share your goals with others for mutual accomplishment.
- ☑ Set a whole series of related daily, weekly and long-term goals, complete with starting times and completion dates.
- ☑ Take ten minutes every day to imagine how terrific it will feel when your goals are actually realized.
- ☑ Take an action step toward the attainment of at least one goal every day.
- ☑ Commit to hitting each of your targets. Resolve to never quit
- ☑ Continuously evaluate your goals