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

The Peak Performance Center