Get Serious About Setting Goals

State your specific goal: ____________________________________________________________

Be specific about when you will reach your goal: __________________________________

How will you know when you reach your goal? ______________________________________

Why is this goal meaningful for you? ______________________________________________

What steps are required in order to realize your goal? ________________________________

What barriers will prevent you from realizing your goal? ______________________________

How will you deal with the barriers? ______________________________________________

What will your checkpoints be? (end of day, end of week tracking) _____________________

Who will help you stay the path with your goal? ______________________________________

What accomplishments along the way will ensure that you reach your goal? _____________

How will you deal with the distractions that prevent you from reaching your goal? __________

What must you do each day to make it happen? ________________________________________