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Goal Setting Worksheet.

Quotes for the Million Dollar Earners

If load your gun and shoot randomly into the air, you will hit it with amazing accuracy. But you can't eat or sell the sky. Momentous achievement comes as a result of taking purposeful action directed at meaningful goals.

- Clay Stevens

People get passionate about things that transcend themselves not great cars, huge houses or fantastic vacations. They get excited about things like endangered species, world hunger, perpetual education funds, ending child abuse and et cetera.

By setting goals, you will also raise your self confidence, as you recognize your ability and competence in achieving the goals that you have set.

People who don't set goals achieve them all of the time.

A clear definition of what you want helps you quickly spot things that may distract you or lure you away from your plan for achieving your goals.

Step 1 – Set goals in a progressive manner. Start with big hairy audacious goals. Then move to milestone or short term goals.

Example: bhag: solve world hunger; milestone goal: community food bank

Everything in your life needs to support your goal(s). If you're really not passionate about your goals then your goals will lack meaning or motivational power for you.

Step 2 – You should set goals in all of these areas of your life:

1. Family/Home,
2. Business,
3. Spiritual/Ethical,
4. Physical/Health,
5. Social/Cultural,
6. Mental/Educational.

Setting goals in each area of life will ensure a more balanced life.

Step 3 – Write your goal out in **complete detail** including how you intend to celebrate its accomplishment.

Close your eyes and visualize what it: feels, smells, looks, tastes and sounds like to have your goal.

This level of detail gives the mind a connection to work on.

Make sure to include how you intend to reward yourself for hitting milestones along the way to your big hairy audacious goals.

Step 4 – Write down your goals.

People who have a written set of realistic goals have something to measure their progress against. If we don't have them written down then we're left to our emotions. This is a concrete way to know if working towards that goal. Just the process of writing them down puts the process in motion of working towards them.

After your goals are established you need to:

1. **Share your goals** with people who are critical in helping you achieve your goal(s).
2. **Review your goals daily**
3. Every time you make a decision during the day, **ask yourself “if this takes me closer to, or further from my goal.”**
4. Once you have your plan, you **start working to achieve it**. Include activities that support and foster your goals in your daily planner or schedule.

For some people, just showing up is enough.

