

Setting Goals is the first step of turning the invisible into the visible.

-Tony Robbins

Long Term Dreams

—

Short Term Goals

Imagine your life in 10 years...
anything is possible.

What are your dreams?

Write down everything you would like
to see in your life. Don't Hold Back!

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

For each Dream write out a specific
Goal that is a baby step or stepping
stone to achieve it that you can work
towards THIS YEAR.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Step Two: Priorities

If EVERYTHING is important, NOTHING is important!

-Melissa Taylor

What is most important to me?

Set your Priorities – within each category—list ACTIVITIES:

RANK:

Personal:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Business:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Growth:

_____	_____
_____	_____
_____	_____
_____	_____

Social:

_____	_____
_____	_____
_____	_____
_____	_____

Step Three: This Years Focus

Average people have wishes & hopes. Successful people have goals & plans. -unknown

Goal Setting Page

My Focus in 2020:

Personal Growth: _____

Business: _____

Relational: _____

GOAL 1. _____

Action Steps:

1. _____
2. _____
3. _____
4. _____

GOAL 2. _____

Action Steps:

1. _____
2. _____
3. _____
4. _____

GOAL 3. _____

Action Steps:

1. _____
2. _____
3. _____
4. _____

GOAL 4. _____

Action Steps:

1. _____
2. _____
3. _____
4. _____

GOAL 5. _____

Action Steps:

1. _____
2. _____
3. _____

GOAL 6. _____

Action Steps:

1. _____
2. _____
3. _____

Step Four: Define each Goal

A goal properly set is halfway reached.

-Zig Zigler

This Years Goals, Obstacles and Excuses

GOAL # _____: _____

I will know I have reached my GOAL when:

Target Date:

What will be great when it is achieved?

This goal is important to me because:

Obstacles that may get in the way:

My response to those obstacles:

**Fill out for each GOAL
you have listed on
Goal Setting Page.**

**EXCUSES I MAY WANT TO USE—BUT
WON'T!**
