

TAKE ACTION

ON YOUR GOAL GUIDE

SPECIFICALLY STATE THE GOAL YOU WILL ACHIEVE

WHY DO YOU VALUE THIS GOAL?

WHAT IS YOUR PLAN TO ACCOMPLISH THIS GOAL?

WHAT OBSTACLES DO YOU SEE POTENTIALLY PREVENTING YOU FROM ACHIEVING THIS GOAL? WHAT IS YOUR PLAN TO OVERCOME THEM?

WHAT INFORMATION/KNOWLEDGE DO YOU NEED TO ACQUIRE TO EFFECTIVELY ACHIEVE THIS GOAL? WHAT WILL YOU DO TO ACQUIRE THIS KNOWLEDGE?

WHAT STEPS CAN YOU BEGIN TO TAKE TO START MOVING FORWARD?

THE PLANNING STAGE WILL OFTEN DETERMINE WHETHER YOU ACHIEVE THE RESULTS YOU ENVISION OR NOT

THE KEY:

**ALIGN YOURSELF WITH YOUR GOAL.
BECOME AWARE OF WHERE YOU ARE NOW AND WHERE YOU'RE GOING.
CREATING A PLAN THAT LEADS YOU TO YOUR GOAL.**

STATE YOUR GOAL IN A SINGLE SENTENCE:

Commit to verbally speaking this statement every morning as you start your day and every evening before you lay to rest.

DAY 1

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: How will your life be transformed by achieving your goal?

DAY 2

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Which of your core values does this goal express? Why is this value important to you?

DAY 3

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: If you don't go after this goal, what will it cost you and how would that impact you?

DAY 4

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What type of person do you need to become to achieve this goal? Are you showing up as this person?

DAY 5

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Does your current environment align with the person you're aiming to become? If not, what needs to change?

DAY 6

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: When you achieve your goal, how will it bring you lasting fulfillment?

DAY 7

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: For what reason did you start pursuing this goal?

DAY 8

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What outcomes will you miss out on if you fail to give your all towards your goal?

DAY 9

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What information can you learn to be more effective as you pursue your goal? What will you do to acquire this information?

DAY 10

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Who else will benefit from you achieving your goal?

DAY 11

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Have you been consistent with your strategy?
If not, what seems to be getting in the way?

DAY 12

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What wins (either big or small) have you experienced as you're pushing towards your goal?

DAY 13

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What can you do tomorrow that would make the biggest difference as you progress towards your goal?

DAY 14

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: List three possibilities that excite you about how your goal will enhance your life.

DAY 15

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: In what ways have you grown within these past 15 days?

DAY 16

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Are there any adjustments you can make in your approach towards your goal that will give you a greater result?

DAY 17

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: On a scale of 1 to 10, how would you grade your effort towards your goal? How could you improve?

DAY 18

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: How much does your goal really matter to you?

DAY 19

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What has helped with achieving goals you've had in the past? How can you apply that knowledge to this current goal?

DAY 20

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What has this journey towards your goal taught you about yourself?

DAY 21

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What's keeping you motivated to achieve your goal?

DAY 22

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: If you fail to achieve your goal, what will be the consequences?

DAY 23

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: How can you constructively use the negativity that you may be facing as you're working towards this goal?

DAY 24

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: How has your confidence and faith increased as you've been taking steps toward your goal?

DAY 25

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Why are you determined to accomplish this goal?

DAY 26

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Is your self-talk working for you or against you as you take steps toward your goal? In what ways can you improve what you're saying to yourself?

DAY 27

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: When you successfully achieve your goal, what will your life be like?

DAY 28

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What is ONE WORD you will use to describe how you will show up for your goal in these next 2 days? Why this word?

DAY 29

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: Why are you passionate about this goal?

DAY 30

WHAT ACTION DID YOU TAKE TODAY?

QUESTION TO CONSIDER: What makes you proud about yourself?

CONGRATS

WHAT ARE THE BIGGEST LESSONS THAT THESE PAST 30 DAYS HAVE TAUGHT YOU?

HOW DO YOU FEEL ABOUT YOURSELF?

WHAT'S THE NEXT GOAL YOU'RE GOING AFTER?
