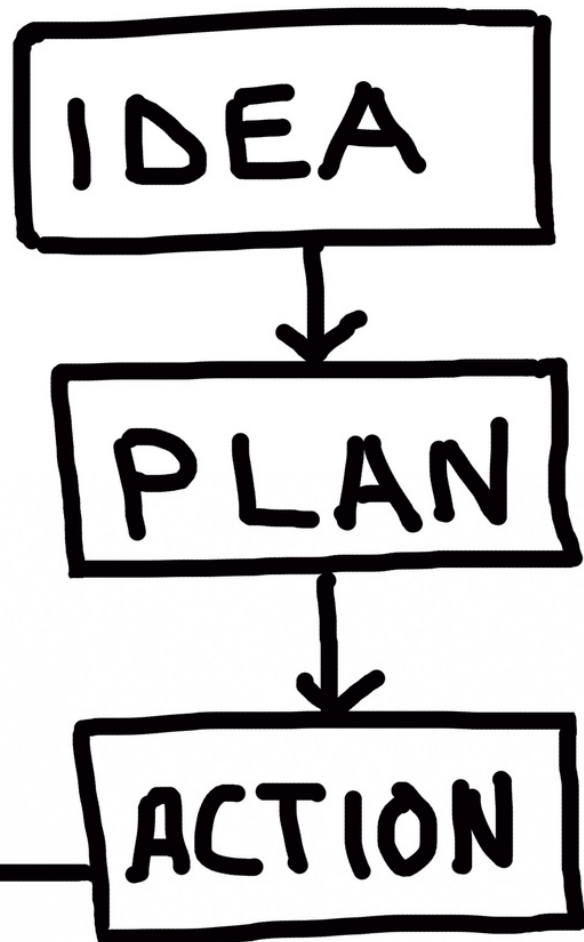


# CREATING GOALS THAT ARE WORTHY OF YOU



## Create Goal(s) that Represents Success for You

**1. After reviewing your pre-work with your partner, create 1-3 goals that can be accomplished in the next year, that both align with what you want and stretch you.**

Make sure the goals you choose **reflect your core values and enliven you**. A goal that is worthy of you calls you to express the best parts of you and motivates you to keep going, even when staying on track is tough.

1.

2.

3.

## Putting Your Goals into Action

**2. For our time together choose one goal to focus on.**

Which is your top priority? Perhaps there is one goal that would have a big impact and make it easier to accomplish the other goals?

**3. If your goal requires more than 3 months to achieve, use the space below to break your goal down into phases.**

"Most people overestimate what they can do in a day, and underestimate what they can do in a month. We overestimate what we can do in a year, and underestimate what we can accomplish in a decade."

**4. List out below all the things that would need to happen to achieve the goal you selected.** What are the progress milestones that will take you to the finish line?

**5. Use the space below to brainstorm the many ways someone could partner with you to contribute to the achievement of each of your goals.**  
(Cheerleaders, mentors, sponsors, team members, family, service providers, etc.)

**6. What can you reasonably accomplish towards this goal in the *next month*?**

Try to break the tasks down to tasks that would take no more than 60 minutes. Also, if you are able to hire, delegate, or get help, identify who will do each task.

Task	Timeframe	Assigned To:	Due Date:

**7. When will you work on this goal?**

Be specific! “When I have free time” does not exist.

## Create Space and Motivation

### 8. What will you need to STOP doing to make time for this goal?

It could be scrolling social media, changing a commitment, delegating household chores, etc.

### 9. How will you celebrate when you've finished your tasks for the month?

Pick something that feels good to you and rewards you in a way that doesn't go against your goal.

**Let's keep in touch!**

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