

My Goal-Achieving Philosophy, simple yet profound: IN ORDER TO ACHIEVE WHATEVER YOU WANT, YOU MUST BE WILLING TO DO WHATEVER IT TAKES TO ACHIEVE IT. Listen carefully to every word of this profound philosophy.

YOU MUST BE WILLING TO DO WHATEVER IT TAKES

Directions: Mix your clearly defined goal with three solid reasons why you want to achieve it. Throw in 5 specific actions you will take along with target dates for completion and you'll have an unstoppable plan.

1 GOAL // WRITE THE GOAL IN SPECIFIC, MEASURABLE AND TIME - BOUND LANGUAGE.

• _____

3 WHY'S // IDENTIFY AND PRIORITIZE 3 REASONS WHY YOU WANT TO ACHIEVE THIS GOAL?

Under each reason put 6 sub lines & start with the question what's important about (blank) to you? Again, the question is what's important about (blank) to you? The question is not why is this important. Whenever you start a question with the word why, you are inviting a defensive answer. The question is what is important about (blank) to you? I bring up this distinction early because why versus what is something that needs to be in your awareness now because under pressure it's human nature to get defensive. So you may notice yourself slipping a little bit when you first start using this question.

WHY _____

1 _____ 3 _____ 5 _____

2 _____ 4 _____ 6 _____

WHY _____

1 _____ 3 _____ 5 _____

2 _____ 4 _____ 6 _____

WHY _____

1 _____ 3 _____ 5 _____

2 _____ 4 _____ 6 _____

5 ACTION STEPS // LIST 5 SPECIFIC ACTIONS & TARGET DATES TO ACHIEVE GOAL

ACTION

TARGET DATE

1. _____

2. _____

3. _____

4. _____

5. _____