

Get Results Worksheet

Here is a simple yet effective way to reframe your goals so that you can commit and achieve success. Feel free to do this worksheet on a monthly or weekly basis to keep yourself on track and build on your progress. Remember success comes from awareness, willingness, and building efficient habits.

Ultimate Goal Setting:

What do I desire in my life?

(Make it relevant to this particular phase of life)

What do I think this achievement will get me?

(Think big picture like: freedom, joy, fulfillment, adventure, etc.)

Who do I need to BE to achieve this goal?

(Think of people who have already achieved this goal and look at their qualities and characteristics, ex. diligence, organization, support, etc.)

What will I HAVE when I reach this goal?

(Ex. success, money, notoriety, etc.)

What do I need to DO to achieve this goal?

(Think Actionable steps, Measurable steps, Specific action items)

Now that you have done some brainstorming, take some deep breaths and assess.

How realistic are the above noted items on a scale of 0-10?

(0 not realistic to 10 completely realistic)

List below 3 goals and action items that are CURRENTLY realistic to you (level 10 realistic).

Break down the bigger and more daunting goals into available and achievable steps.

- 1.
- 2.
- 3.

That is all you need to worry about right now! Focus only on the most immediate and accessible action steps. Try not to judge them as too small, or not enough. A 1 % change is what we are aiming for. 1% change adds up to 30% change by the end of the month, and then you build and build and build.

Affirmations for support:

I can take things one step at a time.

I am committed to my progress.

1% is all I need to focus on today.

Add your own affirmation
