
2016 Goal Setting

For best results, do not read ahead. Complete the worksheet question by question.

The Big Picture

CORE* What do you love? People, places, activities, foods... Be super honest with yourself.

HOPE* What do you hope for? For the world? For those you love? For yourself?

10 YEARS* Complete this paragraph: "In 10 years I hope I..."

Two Lists

KINDS OF GOALS*

_Vocational _Lifestyle _Social _Health _Financial _Personal

LIST #1* In no particular order, make one big list with 1 to 3 goals you'd like to accomplish in 2016 for each of the above categories (and any categories I missed).

LIST #2* Circle the three most important goals in that first list. Make a second list with only those three goals and cross them off the first list.

FOCUS* Warren Buffet says to accomplish the goals in List #2 you must completely ignore the goals in List #1. In 2016, focus only on the goals in list two.

S_M_A_R_T_

MAKE THEM SMART* To make them effective, fill in the following criteria for each goal:

_Specific What specifically do you want to accomplish? (Not just, "Make more money.")

_Measurable What data will tell you how you are progressing and when you're done?

_Attainable How will you accomplish it?

_Realistic Is your goal big enough to be inspiring but still realistic in your life and timeframe?

_Timely By when will you accomplish your goal? (Keep these to sometime within 2016.)

ONE SENTENCE EACH* Write each SMART goal in one sentence and put them where you will see them every day. Keep any other details you need easily accessible.