

SELECT GOALS

- 1, Describe what you want to create.
2. Mark current status: ◀ - negative || positive + ▶
3. Choose actions to do.

Life Areas		1.CREATE (outcome)	2.STATUS	3.DO (goals)
I.MIND	1	mental	◀ - + ▶	
	2	career	◀ - + ▶	
	3	financial	◀ - + ▶	
II.BODY	4	recreation	◀ - + ▶	
	5	organization	◀ - + ▶	
	6	physical	◀ - + ▶	
III.HEART	7	relationships	◀ - + ▶	
	8	emotional	◀ - + ▶	
	9	social	◀ - + ▶	
IV.SOUL	10	purpose	◀ - + ▶	
	11	character	◀ - + ▶	
	12	spirituality	◀ - + ▶	

Possible metrics to measure

- Mental: goals achieved, books read, classes taken
- Career: work projects completed, time audit
- Financial: income, savings, investments, net worth
- Physical: weight, body mass index, blood pressure
- Recreational: trips taken, new activities tried, screen time
- Organizational: rooms decluttered, home projects completed, new recipes tried
- Relationships: activities with family and friends, loving actions for closer relationships
- Emotional: Acts of kindness, emotional intelligence score
- Social: group activities, new people met, donations
- Character: volunteer activities, creative work
- Purpose: time spent in flow or contributing w/talents, work/life balance score
- Spiritual: frequency of prayer, meditation, gratitude

- Metrics
- Explain how many or much
- Add check marks to a chart
- Steps to completion
- Use numbers & dates
- Rating scales
- Examples

→ PLAN GOALS to do that are

- Ambitious → Contain clear objectives → Target correct key results
1. From each life area, select one priority goal that creates the desired outcome.
 2. Choose next steps and write objectives & key results

What is the most significant action to take? → How can it be achieved? (objective) → How will I know it is achieved? (key results)

FORMULA: I want to DO (goal) in order to PRODUCE (outcome), so I will take these STEPS (objectives) tied to KEY RESULTS (measures).
 EXAMPLE: I want to DO [get a new job] to PRODUCE [better income], so I will STEP [obtain certification] for RESULT [by specific target date].
 I. MIND: Career goal "I want to get a better job to increase income. To do this I will obtain certification by the end of this year."

↳ KR1: Research training opportunities & choose one before the end of this month.

↳ KR2: Study to prepare for test by [date]

↳ KR3: Register for and take test by end of the year

PERSONAL GOALS

I. MIND:

↳ KR1:

↳ KR2:

II. BODY:

↳ KR1:

↳ KR2:

III. HEART:

↳ KR1:

↳ KR2:

IV. SOUL:

↳ KR1:

↳ KR2:

PURPOSE GOALS AIM for a central vision that is active, inspiring, & meaningful
 PURPOSE (why)

↳ VISION (where you want to go, what it will look like)

↳ MISSION (what you do now and why)

I. Objective:

↳ KR1:

↳ KR2:

II. Objective:

↳ KR1:

↳ KR2::

GO!

• Values:

• Increase: (personal quality to develop)

↳ actions:

↳ definition:

↳ quote:

• Personal qualities & strengths to use:

CAUTION: Continue/Maintain Habits:

STOP:

