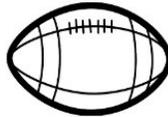
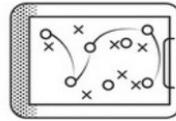
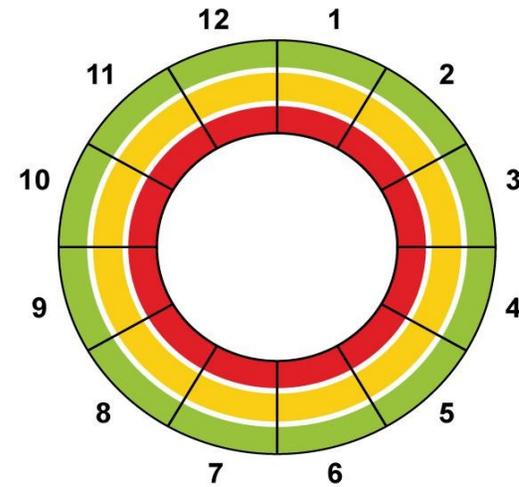


Game On! The Rules of Goals

- Goals must be SMART (specific, measurable, attainable, rewarded, time-bound)
- Have a written game plan
- Keep eyes on the ball
- Keep the goal in sight
- Know the score



Written goals 42% more likely to accomplish		Deciding WHEN & WHERE 80 – 100% more likely to accomplish
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Current Status	
◀ - negative	positive ▶

What experiences and contributions would make your life awesome? For each area on this chart, fill in the blank of this sentence: "In this area, I want to create _____."

1. Think of one word that describes what would make your life awesome. Write it in the CREATE column.
2. Circle (or highlight) the current status. If the area needs improvement, circle the left arrow. If you are doing well in the area, circle the right arrow. If you are neutral or satisfied, circle the pause symbol. If you feel you are doing fine in an area, consider if there is something you might do to take it to the next level and make it great.
3. For each area put a specific action to do that will create what you want in the DO column. EXAMPLE: If you want to create *strength* in the Physical area, your DO might be weight lifting every morning.
4. Review the actions to do and highlight your top two or three priorities to focus on.
5. Take the actions that will create what you want and change the negative left arrows to positive right arrows.

Life Areas		CREATE	STATUS	DO
BDDY	1 recreation		◀ - ▶	
	2 organization		◀ - ▶	
	3 physical		◀ - ▶	
MIND	4 mental		◀ - ▶	
	5 career		◀ - ▶	
	6 financial		◀ - ▶	
HEART	7 relationships		◀ - ▶	
	8 emotional		◀ - ▶	
	9 social		◀ - ▶	
SOUL	10 purpose		◀ - ▶	
	11 character		◀ - ▶	
	12 spirituality		◀ - ▶	