

My  
Goals



**“Without goals, and plans to reach them, you are like a ship that has set sail with no destination.” ~ Fitzhugh Dodson**

That quote says it all. From athletes to business professionals, everyone seems to be talking about goal setting, and with good reason. Having goals means you have a long-term vision. A vision you can reach through hard work and determination.

Goals fuel your desire to reach your dreams. They give you the inspiration necessary to aim for the stars. Goals help you take control of your life. They help you focus on what's most important. Goals can help you get better organized and work more efficiently. Goals help you be more self-confident and enthusiastic about what you're doing.

Everyone needs to have goals they are working towards each day. If your daily actions are not working towards your goals then it's time to make some changes. If you're not getting what you want from life, chances are you are lacking in goals or are not actively working towards them every day.

Goals are not one size fits all. Your goals should be what you want; not what others want for you. Your goals should be part of your long-term vision. Where you see yourself in 1, 5 or 10 years from now. Your goals should motivate you. They should be attainable and specific. Once you have goals, you can create a plan with short-term motivators to keep you going until you successfully reach your vision.

Using a journal can help you reach your goals. By writing down your goals, you are taking them from a desire or thought to written commitment. Journaling your goals forces you to be accountable. It helps you stay motivated and focused. Nobody wants to write “I did absolutely nothing today that helped me reach my dreams”. By documenting your goals, you are able to plan and prioritize the steps to achieve success. You are able to track your progress and cross off items you've completed.

To ensure you're making the most of your goal reaching efforts:

- Write in your journal every day. Take five or ten minutes each day to write about your goals and how you plan to achieve them. Document what you did during the day to bring you closer to your goals.
- Not all goals have to be huge. Small goals you can reach quickly and easily will help keep you motivated. When you do have a big goal, break it into smaller mini-goals so it seems more achievable.
- Make sure your goals are working from most important to least important.
- Document your failures so you can look back and see what went wrong and how you can avoid it in the future. Document your successes so you stay motivated and can look at them when feeling down.
- If you run into an obstacle, journal about it. This can help you see ways to overcome it. Be sure to document how you solved the problem too!

Keep a separate journal for each major goal you have.

The following pages can be printed as your first goal setting journal. It contains 10 prompts to get you started along with some quotes to keep you motivated. There is no right or wrong way to journal your goals. The power lies in documenting the information and doing something every day to work towards your goals.

*Why This Goal? Why I Want to Accomplish It. What It Means to Me.*



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## My Goal Is SMART



Specifically I'm trying to Achieve:

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I'll Know I've Reached My Goal because I am **M**easuring My Success by:

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These Are The **A**ctions I'll Take To Reach My Goal:

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My Goal is **R**ealistic Because:

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My Goal is **T**ime-Bound. I Will Reach It By This Date:

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A Goal Without a Plan is Just a Wish

## *Experience & Abilities I Possess or Need in Order to Achieve My Goal*



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## Obstacles I Will Face & How I Plan to Overcome Them



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# Tools & Resources I Need to Reach My Goal



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*Actions I've Taken Thus Far to Reach My Goal*



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## What Success Means to Me



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# I Am Steadily Working Towards My Goal



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# How I See My Life After I Reach My Goal



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# How I Plan to Celebrate Reaching My Goal



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*“Setting goals is the first step in turning the invisible into the visible.” ~  
Tony Robbins*



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*“The ultimate reason for setting goals is to entice you to become the person it takes to achieve them” ~ Jim Rohn*



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*“Your goals are the road maps that guide you and show you what is possible for your life.” ~ Les Brown*



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*“The victory of success is half won when one gains the habit of setting goals and achieving them.” ~ Og Mandino*



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*“No matter how carefully you plan your goals they will never be more than pipe dreams unless you pursue them with gusto.” ~ W. Clement Stone*



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*“When it is obvious that the goals cannot be reached, don't adjust the goals; adjust the action steps.” ~ Confucius*



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*“Goals help you channel your energy into action.” ~ Les Brown*



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*“A goal properly set is halfway reached.” ~ Zig Ziglar*



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*“If you want to be happy, set a goal that commands your thoughts, liberates your energy, and inspires your hopes.” ~ Andrew Carnegie*



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*“You are never too old to set another goal or to dream a new dream.” ~*

*C.S. Lewis*



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*“The greatest danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it.” ~ Michelangelo*



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*“If you want to live a happy life, tie it to a goal, not to people or things.”  
~ Albert Einstein*



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*“If you aim at nothing, you will hit it every time.” ~ Zig Ziglar*



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*“People with goals succeed because they know where they're going.” ~ Earl  
Nightingale*



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*“When defeat comes, accept it as a signal that your plans are not sound, rebuild those plans, and set sail once more toward your coveted goal.” ~*

*Napoleon Hill*



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*“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.” ~ Thomas Jefferson*



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*“Discipline is the bridge between goals and accomplishment.” ~ Jim Rohn*



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*“In between goals is a thing called life that has to be lived and enjoyed.”*

*~ Sid Caesar*



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