

BIG Goals, Small Steps

10 LIFE IMPACTING GOALS

Today's Date: _____

Write down 10 goals you'd like to accomplish in the next 12 months.
Write each goal in the **present tense**.

UNCLEAR GOAL	CLEAR & SPECIFIC GOAL
I want to be healthier.	I weigh 150 pounds.
I want to make more money.	I earn \$100,000 a year.
I want to exercise more.	I ride my exercise bike 20 minutes a day.
I want to save money.	I have \$10,000 in savings.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

THE MAGIC WAND

If you could wave a magic wand and have any one goal on your list above in the next 24 hours, which one would have the **greatest positive impact on your life?**

CIRCLE THAT GOAL.

Transfer your **Goal with the Greatest Positive Impact** to Sheet 2.

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ONE GOAL WITH THE GREATEST POSITIVE IMPACT

- Don't organize it yet.
- Don't worry about what comes first, second or third.
- Just get everything out of your head and onto the paper.

[illegible]

Use the back if you need more room. Don't organize anything yet.

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ORGAINIZE YOUR PLAN

Transfer the goal you circled on Sheet 1.

GOAL DUE DATE: _____

PUT YOUR STEPS IN ORDER

Go back to Page 2 and put each step in the order it needs to be accomplished.

☐	_____
☐	_____
☐	_____
☐	_____
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☐	_____
☐	_____
☐	_____
☐	_____

Keep organizing.

Use the back if you need more room. Continue putting your steps in the order they need to be accomplished.

TAKE IMMEDIATE ACTION

- ☐ YES $\rightarrow$ DO IT.
- ☐ NO $\rightarrow$ MAKE IT SMALLER.

Break down the goal above into bite size steps.
WHAT CAN YOU DO RIGHT NOW?
DO THAT.

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KEEP GOING

WORK ON YOUR GOAL EVERY DAY

Return to your organized checklist on Page 3.
Continue with the next unfinished step.

TODAY'S DATE: _____

WHAT'S THE NEXT UNFINISHED STEP?

WHAT DID I DO TODAY TO MOVE MY GOAL FORWARD?

Come back tomorrow and continue from there.

STAY CONSISTENT UNTIL YOU ACHIEVE IT.

One step. Then the next. Then the next.