GOAL SETTER TYPE 1: From 14 goals to ONE!

ASK YOURSELF: What is the ONE most important RESULT I am working to create right now? (**This should be as SPECIFIC and CLEAR as you can make it; think 'making $100,000 in my business this year', vs. 'financial independence').*

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Then, grab your list of goals. Review the list and compare it to what you wrote above. How do the goals on this list SERVE the result you want to create? Which ONE goal sits above all the rest? Why?

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Bonus question: How is it true that all of the goals on your list actually are ONE goal? How is it that they are really just different ways of getting to the same place?

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GOAL SETTER TYPE 2: Ewww. Goals.

ASK YOURSELF: **What is the ONE most important RESULT I am working to create right now?** *(**This should be as CONCRETE as you can make it; think 'making $100,000 in my business this year', vs. 'financial independence').*

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Then, connect to WHY. WHY does this result matter? Why does it matter for YOU, but also, why does it matter to the people you will help when you achieve it?

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On your way to reaching this goal, you're going to fail (because failure is an inevitable part of success). So, how many ways are you willing to fail to reach your goal? What are they?

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Bonus question: How could it be okay to have a goal AND not reach it right away (or ever)? What if it was okay to have a goal and miss? How will I be kind to myself when I fail (because failing is NORMAL!)?

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GOAL SETTER TYPE 3: I've got one! Maybe...I think?

ASK YOURSELF: **What is the ONE most important RESULT I am working to create right now?** *(**This should be as CONCRETE as you can make it; think 'making $100,000 in my business this year', vs. 'financial independence').*

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Then, do the goal you THOUGHT you had and the result above match? If so, great! If not, why?

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What do you have to think and feel to be FULLY COMMITTED to creating this one result? How long are you willing to commit for, and why?

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Bonus question: How could it be true that deciding to fully commit to your goal is actually what helps you to reach it?

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My current goal:

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Right now, when I don't reach a goal that I've set, what do I make it mean about ME?

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What do I make it mean about my BUSINESS?

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What if reaching this goal ONLY indicates progress in the area I'm trying to grow, and doesn't reflect anything about my worth, capability, or value as a human?

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For my current goal, if I don't reach it in the time period I have allotted, what will I make it mean about ME?

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For my current goal, if I don't reach it in the time period I have allotted, what will I make it mean about my BUSINESS?

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How will I focus on the PROGRESS that I am making toward my goal even if I don't reach it? How will I celebrate my progress?

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