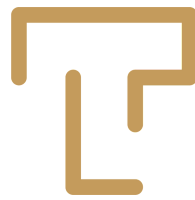


THINKING
LEADERS

PERSONAL PERFORMANCE

Goal Setting In Practice

FOR FURTHER INFORMATION
PLEASE VISIT OUR WEBSITE:
WWW.THINKINGLEADERS.COM



THE FUNDAMENTAL PILLARS

1.

Goals should be based on your core principles and values.
Your goals should be aligned to what you care deeply about.



2.

Values are your own personal ethical and moral beliefs.
Some of these may change as you learn and grow, while others will stay with you for your entire life.



3.

Values represent what we stand for and believe in.
They should be a main source of reference for the goals that we set.



4.

Values-based goals guide us towards what is important versus unimportant.
We can then quickly decide which of them really matter to us.



5.

Values-based goals will provide endless motivation, because we believe in them and want to see them play out.



6.

You'll find it easier and more enjoyable to achieve your goals when they align with your beliefs and values.



SMART GOALS



When successfully setting SMART goals, you must:

- Start with the end in mind
- Be ecological - good for you and others
- Increase choice through the goal
- Positively state the goal
- Be able to control and influence the goal
- Have more than one way to achieve the goal
- Connect with why it is important to you?
- Be 100% committed

QUESTIONS TO ASK YOURSELF?

As you go about setting your SMART goals, ask yourself:

- What specifically do you want?
- Why do you want this?
- Why is this important to you?
- Are you 100% committed to this goal?
- What will it give you when you achieve it?
- What will it cost you when you don't?
- Is this goal for you or someone else?
- How will you know when you've achieved this goal?
- What are the criteria? Evidence? Benchmarks?
- How can it be measured?
- What would happen if it was achieved?
- What would happen if it wasn't achieved?



LET'S BE SPECIFIC

State the goal specifically - Eg I want to earn \$x this month

Write down the goals - Eg I will have x new clients this month

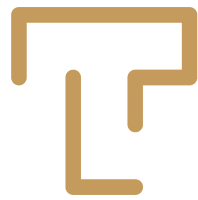
What is the time frame? 30/60/90 days?

What are the steps needed to get there?

Measureable - Specific evidence of success

State for you - what it gives you not anyone else

A gold-colored triangle is located in the bottom right corner of the page, pointing towards the top right.



THINKING
LEADERS

YOUR WIG - 1/3/5 YEARS

It's 20 , and in 1/3/5 years from now, I will:

BE

DO

HAVE

GIVE





QUARTERLY



My 90 Day Goals

NAME:			
QUARTER: 1 –			
Category:	Month 1 –	Month 2 –	Month 3 -
Focus for the month			
Finances			
Health & Vitality			
Education			
Family & Friends			
Spirituality			
Career/Business			
Adventure			
Action Steps to be taken this quarter			
1.			
2.			
3.			
4.			
5.			
6.			
7.			

MONTHLY

Monthly Action Plan

NAME:			
MONTH:			
FOCUS FOR THE MONTH:			
Category:	Goal:	Action Steps:	✓
Finances			
Health & Vitality			
Education			
Family & Friends			
Spirituality			
Career/Business			
Adventure			



WEEKLY TOP 5s



My Weekly Top Fives

NAME:		
WEEK (DATE):		
	Action	Date to be completed
1.		
2.		
3.		
4.		
5.		



DAILY TOP 3s



My Daily Top Threes

NAME:		
DATE:		
	Action	Completed
1.		
2.		
3.		



NOTES



THINKING
LEADERS

**FOR FURTHER INFORMATION
PLEASE CONTACT:**

**WWW.THINKINGLEADERS.COM
LINDA@THINKINGLEADERS.COM
+61 (0) 415 989 677**