

ACTIVITY: IDENTIFY YOUR TOP GOALS

Divide Your Goals Into 2 Lists: write down all the goals that you want to focus on now under the NOW column, write down all the goals you want to focus on later, under the LATER column.

NOW	LATER

Put your LATER goals aside. You'll come back to them at a future date.

Go through your goals and rank Your NOW Goals in order from highest priority to lowest priority : remember the key questions are:

- Which of these goals if I was to achieve it, would have the most impact on my life right now?
- Which of these goals is going to help me make the most progress toward my Level 10 life?

Write Down Your Top 3 Goals Below:

1. _____

2. _____

3. _____

ACTIVITY: REFINING YOUR GOALS

Go through each of the goals you wrote down and refine them using these 3 key principles:

- Change non -specific goals to specific goals.
- Change open -ended goals to time -bound goals.
- Change overwhelming goals to achievable goals.

1. _____

2. _____

3. _____

ACTIVITY: GET CLEAR ON YOUR WHY

For each goal you've identified in the previous worksheets, write down 20 Reasons Why You MUST Achieve Your Goals.

You can think about:

- How achieving this goal will make you feel
- The impact it will have on your personal life and...
- On your work life
- On your family
- On your confidence and self-worth
- On your health
- On your future opportunities
- And anything else that comes to mind!

GOAL:

REASONS WHY I MUST ACHIEVE THIS GOAL

1

2

3

4

5

6

7

8

9

10

11

12

13

14

15

16

17

18

19

20

GOAL:

REASONS WHY I MUST ACHIEVE THIS GOAL

1

2

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4

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17

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GOAL:

REASONS WHY I MUST ACHIEVE THIS GOAL

1

2

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