

HOW TO SET AND ACHIEVE YOUR GOALS

Two-year vision for ideal day:

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Resources: Time, Money, Energy, Words

Value:	Value:	Value:	Value:	Value:
Goals:	Goals:	Goals:	Goals:	Goals:
Actions:				

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How to set achievable value-based goals

90-day vision: What will your day look like if you achieve **5%** of your two-year vision?

What will be different, better or moving you forward?

These are your 90-day goals – make them specific, tangible, measurable.

Eg: I will have let go of one committee. I will be going to one yoga class per week. I will have researched my options for (school, career, housing, special interest). I will be sleeping at least 7 hours per night. I will have one GUILT FREE date night with my spouse per week.

Write out your 90-day goals:

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How to achieve your value-based goals

What will you let go of for 90 days in order to focus on your 5%?

What will you give yourself for 90 days to achieve your 5%?

What barriers might come up for you over the next 90 days?

How will you address those barriers?

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Resource to Set Yourself Up for Success

Value Based Planner – Weekly Sheets:

Where will you keep them?

When will you fill them out?

Value Based Planner -Day sheets:

Where will you keep them?

When will you fill them out?

How many times during the day will you review them?

Perseverance

Change process: It's going to get weird before it gets better!

Motivation: Vision board, Reward, Partner