



WORKSHEET: GOALS TO THRIVE

Take the first step in faith. You do not have to see the whole staircase, just take the first step.

MARTIN LUTHER KING, JR

Setting effective and meaningful goals can be the difference between a good and a great year. What would you love to achieve this year that would put a smile on your face? Now is the time to do it and live in your top 1%. Enjoy the process and remember to write everything down! You can repeat these steps for each of your goals in the YOU INC. blueprint.

GOAL: _____

Why is your goal important? _____

What's the priority of your goal on a scale of 1 to 10 (10 is the highest)? _____

Which of your core values are connected with this goal? _____

What small steps will you take to make progress? _____

What challenges/obstacles will you overcome on your path and how will you move past them?

What other resources do you need to be successful (support team, progress markers, accountability measures, etc.)?

When will you complete your goal?
