

Month/Year: _____

Name: _____

*Monthly Goal-Setting

(*Some goals may be long-term/ongoing – the word “Monthly” implies that you rewrite/revise your goals each month)

**Focus Goals: What is most important to me right now:

- 1.
- 2.
- 3.

Financial

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Career/Business

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Free Time/Family Time

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Health/Appearance

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Relationship

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Personal Growth

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

Making a Difference (others/community)

What I want ... <i>Specifically</i>	Why I want It	Date I Achieved It	Reward For Achieving It
1			
2			
3			

- **Be specific** (One way to check yourself is to ask, "If a stranger was reading this, would they know exactly what I mean?")
- Stay away from the *non-quantifiable* -- "more, better, different" – words ending in "er." (i.e., To be healthier, wealthier, happier, etc.)
- Use inspiring words (i.e., "To be at my goal weight of 165." feels better than "To lose 15 pounds" -- choose carefully your words and remember, what DO you want?) Try beginning with, "To be, to do or to have..." – Don't worry about the "how?"
- Complete this exercise with at least one partner (if there are others spending the 30 minutes **with** you and doing this for themselves, it's more likely to get completed instead of put off *and* you can hold each other accountable)
- **You will notice 3 focus goals at the top of the form. Once you have completed the entire exercise, extract the 3 most important items or general *themes* and fill them in – Review your Focus Goals daily. "U Rock!"