



Your Personal Goals

What you want (your "goal")?

Why you want it?
i.e. Pain if you fail, Gain if you succeed

What you must do to get it?

Notes:

1. Make five or six photocopies of this page - one for each goal.
2. Use the first box to write down your goal - i.e. what you would really like to achieve. Make sure that it is a **SMART** goal i.e. one that is:
 - S** - Specific (i.e. "retire with \$1,000,000" instead of "retire with a lot of money")
 - M**- Measurable (i.e. "help all of my children to get a degree" instead of "good education")
 - A** - Awesome (i.e. it must fill you with excitement and inspiration, otherwise you won't see it through)
 - R** - Realistic - (i.e. challenging goals are great, but don't stray into cloud cuckoo land)
 - T** - Timed - (i.e. "retire by 2025" instead of "retire eventually")
3. In the second box write down:
 - The "pain" that you and those you love will experience if you don't achieve your goal, i.e. ill health, poverty, unhappiness etc. (Why do this? Because recognising this pain is an enormous motivating force that will help you to work even harder to make sure you don't fail!)
 - What you will gain when you succeed - i.e. wealth, health, happiness, a prosperous retirement etc. What will you see, hear and feel? And what else will your success allow you to achieve/do?
4. In the third box write down the key things (*not* everything) you will need in order to achieve your goal. For example, it could be new resources, contacts, skills, actions etc.
5. Repeat this process using a new sheet for every single goal you would like to achieve.
6. Lay out all of your goals in front of you and decide which are the most important to you, which are less important and which (if any) are, on reflection, not important after all.