

# The Goals to Results Now Worksheet

*Answer these life-defining questions to create your plan with steps you can execute today.*

1. What are 10 things I want to be?

2. What are 10 things I want to do?

3. What are 10 things I want to have?

4. What are **five Five-Year Goals** that will help me accomplish questions #1 to #3? Make them SMART – Specific, Measurable, Achievable, Results Oriented and Time Framed. Make them vibrant and heartfelt!

5. What are **10 One-Year Affirmations** that will move me closer to the list above. Be sure to list these in the present tense such as “I am living in a new house close to my family after having sold my old house (not ‘I will sell my house’.) or “I am enjoying new clients from my new web site. (not ‘I will create a new web site.’)

6. What are **three 30-Day Challenges** that will move me closer to my One-Year Affirmations – again in the present tense such as “I am organizing one part of my home for at least 30 minutes every day for the next 30 days.” or “I am doing one thing every day to create buzz around my business such as creating a contest, posting on a forum, joining a Linked In group etc.” As you accomplish these add others!