

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?

(continued)

4. What are **10 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. Now back into your goals by listing **10 One-Year Goals** you have accomplished at the end of one year that got you on your way to your Five-Year Goals. Be sure to list these in the past tense such as “I have _____”

6. List **8 30-Day Challenges** you will start to get you closer to your one-year accomplishments? Ie: I will organize one part of my home for at least 30 minutes everyday for 30 days.” or “I will do one thing everyday to create buzz around my business such as creating a contest, posting on a forum, joining a Linked In group etc.”