

GOAL FOUNDATIONS:

YOUR GOAL SETTING
PRE-WORK WORKBOOK

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GOALS

Write down your goals.

#1

#2

#3

#4

STEP #1: BARRIERS

For each goal, list out all the barriers that may stop you from reaching that goal. Put a + next to barriers outside of your control.

GOAL #1

GOAL #2

STEP #1: BARRIERS

GOAL #3

GOAL #4

STEP #1: BARRIERS

For the goals that may have barriers outside of your control, reconstruct the goal so the identified barriers can't interfere.

If you find there is no way to avoid that barrier, consider pausing making this a goal at this time.

UPDATED
GOAL #1

UPDATED
GOAL #2

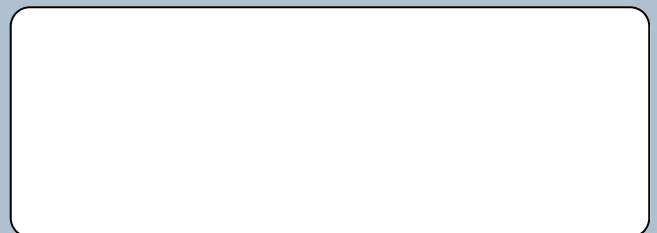
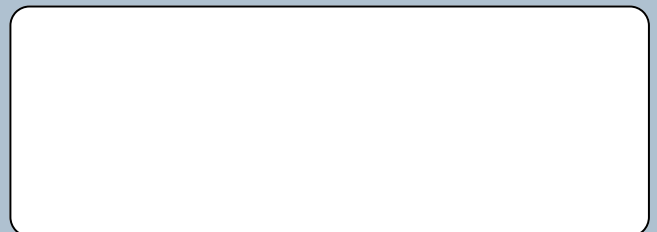
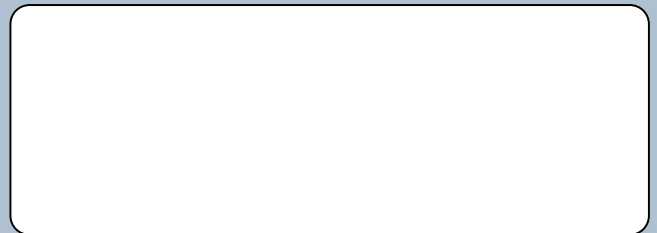
UPDATED
GOAL #3

UPDATED
GOAL #4

Step #2: Everyday Self

**List your
habits/routines/rituals.**

**Write down previously
identified goals.**

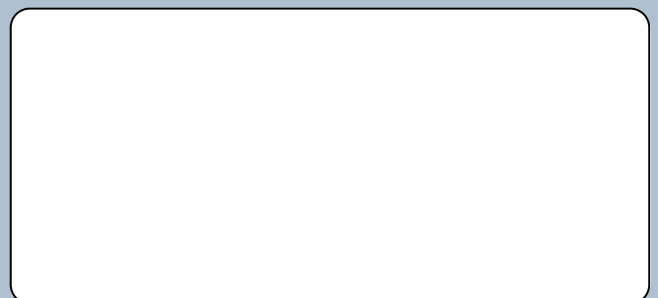
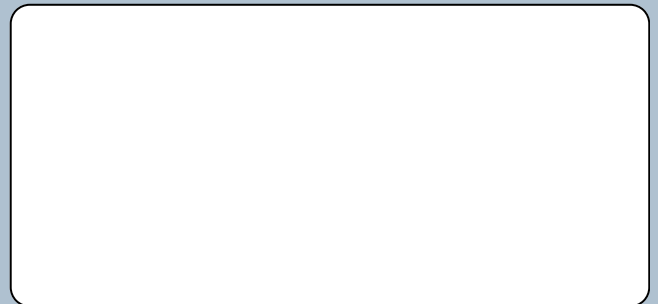
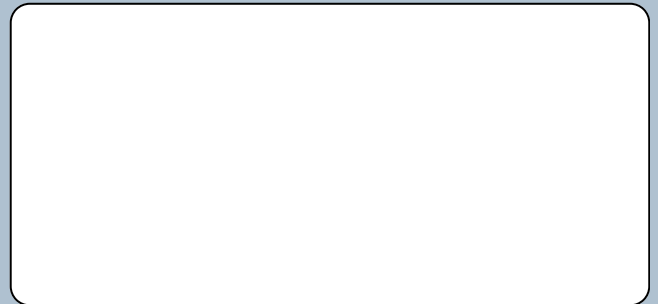


Step #2: Everyday Self

Who are you?

Create a list of predominate attributes, characteristic, things you like, dislike, etc.

Write down your previously identified goals.



Step #2: Everyday Self

Identify your top values (no more than 5).

Below is a list of values for you to consider. If you need a more extensive list Google “list of values”.

education

teamwork

loyalty

power

love

freedom

comfort

beauty

peace

competition

organization

status

stability

flexibility

family

adventure

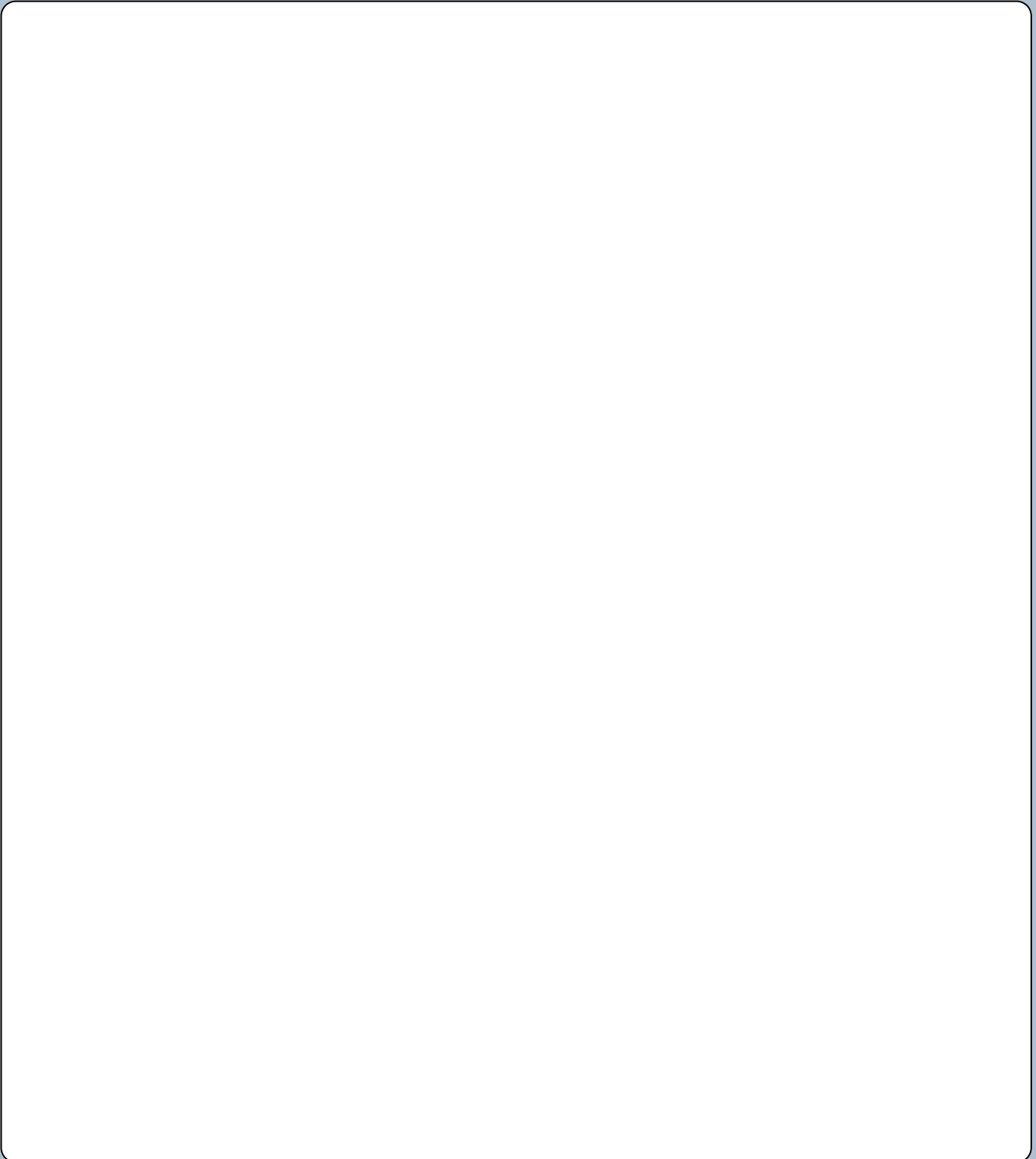
Write down your top values.

Write down your previously identified goals.

Step #2: Everyday Self

Review pages 5 through 7.

Will aspects of your current self interfere with you reaching your goals? If so, what is the internal work you need to do?



STEP #3: COUNT THE COST

Identify what you will have to sacrifice, say “no” to or lose by pursuing each goal? Don’t forget the cost of things like discomfort, patience, etc.

GOAL #1

AM I WILLING TO PAY THAT COST?

YES / NO

GOAL #1

AM I WILLING TO PAY THAT COST?

YES / NO

STEP #3: COUNT THE COST

GOAL #3

AM I WILLING TO PAY THAT COST?

YES / NO

GOAL #4

AM I WILLING TO PAY THAT COST?

YES / NO



UPDATED GOALS

After completing the pre-work, what are your new goals?

Goal #1

Goal #2

Goal #3

Goal #4

ADDITIONAL RESOURCES

Website



SMART goal setting made simple

Lifetick is an easy to use online goal setting app using the SMART methodology

 lifetick.com

Books:

