

Goal Setting Template

STEP ONE:

- Ask yourself these questions, just write whatever comes to mind, don't spend too long thinking about it! Make sure there are at least 3 to 6 items per number. No detail, just pour out ideas and thoughts.

STEP TWO:

- Now, write next to each one how long you want it to take to achieve that goal: 1, 3, 5, 10 years. The goals must be spread out across the timeline.

Topic	Your Answer	Timeline to achieve it
What do I want to do?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.
What do I want to be?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.
What do I want to see?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.
What do I want to have?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.

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Where do I want to go?	1.	1.
	2.	2.
	3.	3.
	4.	4.
	5.	5.

STEP THREE:

- Next, choose your 4 most important goals from each timeframe – complete them in a format as shown below:

One Year	Three Years	Five Years	Ten Years
Goal 1	Goal 1	Goal 1	Goal 1
Goal 2	Goal 2	Goal 2	Goal 2
Goal 3	Goal 3	Goal 3	Goal 3
Goal 4	Goal 4	Goal 4	Goal 4
Goal 5	Goal 5	Goal 5	Goal 5

Allow yourself to see it as if it is happening, detail what you see, what does it look like (in detail) and most importantly, consider why you want to do it.

Finally, include detail of with whom do you want to share the above experiences. Who you are working for besides yourself? You need that external motivation to keep going.

If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success.

– James Cameron