



Date: _____

Name: _____

Monthly Goal-Setting

Focus Goals: What is most important to me right now:

- 1.
- 2.
- 3.

Financial

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Career/Business

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Free Time/Family Time

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Health/Appearance

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Relationship

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Personal Growth

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

Making a Difference

| What I want ... Specifically | Why I want It | Date I Achieved It | Reward For Achieving It |
|------------------------------|---------------|--------------------|-------------------------|
| 1 | | | |
| 2 | | | |
| 3 | | | |

- Be **specific** (One way to check yourself is to ask, "How do I measure the result?")
- Stay away from the *non*-specific -- "more, better, different" -- words ending in "er." (i.e., To be healthier, wealthier, happier, etc.)
- Use inspiring words (i.e., "To be at my goal weight of 175." *feels* better than "To lose 15 pounds" -- choose your words carefully and remember to stay focused on what you want) Try beginning with, "To be, to do or to have..." -- Don't worry about "how," instead stay focused on what you want
- You will notice 3 focus goals at the top of the form. Once you have completed the entire exercise, extract the 3 most important items or general *themes* and fill them in -- Review your Focus Goals daily.
- This goal-setting sheet is meant for goals you plan to achieve within the next month, so be sure and think about what you would like to accomplish in the next month. If you want to begin doing the longer range goals, email me at MB@InspirionInc.com and I'll send you the next form.