



The 2010 Life Plan Goal Setting Program

Step One: Life Area

Personal Family Community Professional

Step Two: Create your Goal

Record your Goal:	
Remember to use the smart formula:	
Specific	
Measurable	
Achievable	
Realistic	
Timely	

Step Three: Define the Steps

Define each step's actions that are required to move forward

Step One:		Start Date:	
		Success Date	(add 21 days)
Describe what it is you want to achieve in the first 21 days, which will create a successful remainder of your goal?			
Is there anyone else involved, and if so what will their role be?			

Step Two:

Start Date: _____
Success Date (add 21 days) _____

Describe what it is you want to achieve in the first 21 days, which will create a successful remainder of your goal?	
Is there anyone else involved, and if so what will their role be?	

Step Three:

Start Date: _____
Success Date (add 21 days) _____

Describe what it is you want to achieve in the first 21 days, which will create a successful remainder of your goal?	
Is there anyone else involved, and if so what will their role be?	

Step Four:

Start Date: _____

Success Date (add 21 days) _____

Describe what it is you want to achieve in the first 21 days, which will create a successful remainder of your goal?	_____

Is there anyone else involved, and if so what will their role be?	_____

Step Four: Create Action

Do something RIGHT NOW! Take an action now toward your goal.

Then go to your computer, blackberry, dayplanner etc, and set a small action for each and every day of the week that will bring you closer to your goal. Turn on your reminder so that it tells you to do this task. Then save your new task listings. Consider your tasks as sacred. Do not get messed up when life gets in the way, it's going to happen. Instead, consider it a challenge to overcome. Ask yourself "how can I still do what needs to be done?" then do it.

Hard work every day will get you there. All it takes is diligence, passion and drive.