

MY DESIRES



TO DO LIST DOWNLOAD

Make a list of everything you want to do. Big dreams. Little tasks. Crazy ideas. Hidden desires. Keep writing until you fill up the page.

GOAL SETTING



1. LOOK AT YOUR LIST OF "MY DESIRES" TO GET IDEAS. PICK ONE.

2. PUT THE GOAL INTO A MEASURABLE SENTENCE

It has to be measurable so you'll know when you've completed it. There has to be a deadline. Pick something that causes you to stretch, but also something that you can complete within the time frame you chose and in the time you have available to you.

For example: By (insert date and time), I will have completed and created (insert goal here). I will know I'm done because of (measurable statistic.)

By _____, I will have completed and created _____.

I will know I'm done because of _____.

Now commit.

WHY DO YOU WANT TO ACHIEVE THIS GOAL?

WHAT WILL ACHIEVING THIS GOAL DO FOR YOU?

WHAT CHANGES WILL YOU HAVE IN YOUR LIFE BY ACCOMPLISHING THIS?

HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

DO GOALS



NOW IT'S TIME TO BRAINSTORM. LIST EVERYTHING YOU NEED TO DO TO ACCOMPLISH THIS GOAL. IF YOU HAVE A BIG TO DO LIST, BREAK IT DOWN BY EACH STEP.

A large, empty, light gray rectangular box intended for the user to brainstorm and list everything they need to do to accomplish their goal.

OBSTACLES & STRATEGIES



LIST ALL THE OBSTACLES TO ACHIEVING THIS GOAL. THEN TURN EACH OF THE OBSTACLES YOU LIST INTO A STRATEGY OR A SKILL YOU NEED TO DEVELOP. ADD IT TO YOUR LIST OF TO DOS.

OBSTACLES

A large, empty, light gray rectangular box intended for listing obstacles.

STRATEGIES

A large, empty, light gray rectangular box intended for listing strategies.

1. TAKE YOUR GOALS TO-DO LIST AND STRATEGIES LIST AND SORT THEM INTO THE ORDER OF EXECUTION. MAKE THEM AS CLEAR AS SPECIFIC AS POSSIBLE.
2. DETERMINE HOW MUCH TIME EACH THING WILL TAKE.
3. ADD EACH ITEM TO YOUR CALENDAR WITH THE TIME FRAMES YOU'VE DECIDED UPON.

DO GOALS AND STRATEGIES IN ORDER:

GOAL SUMMARY



CATEGORY: _____

VALUE/IDENTITY STATEMENT: _____

LONG TERM GOAL: _____

SHORT TERM GOAL: _____

WEEKLY TASKS: _____

DAILY TASKS:

• SUNDAY: _____

• MONDAY: _____

• TUESDAY: _____

• WEDNESDAY: _____

• THURSDAY: _____

• FRIDAY: _____

• SATURDAY: _____