Goals

Purpose:

To set goals for the year in all areas of your life

Guidelines:

- Goals - set for the 6 areas of your life (min 4, max 8)
  - Personal
  - Business/career/work
  - Family
  - Health/fitness
  - Relationships
  - Financial/material
  - Social/community
  - Hobby/sport/travel/interests/etc
- Key factor – the key activity around which your goals will stand or fall
  - The key factor is about a specific action
  - For example:
    - To become a leading marathon runner……the key factor is running
    - To become a world-class concert pianist……the key factor is practising playing piano
    - To complete and publish a novel…….the kay factor is writing
- Blockbusting – what's stopping me/getting in the way
  - What is it at the moment that gets in the way?
  - What do I need to change/declutter/organise?
  - What don't I have in place to enable me to do this?
  - Clear out the things that don't support you
  - Put in place the things that do support you

Template instructions:

- Use one sheet per area of your life
- Complete goals, key factor and blockbusting using the guidelines above
- Complete for all 6 areas (or however many areas you have)