



Learn how to:

- Determine what goals to set
- How to get goals specific
- How to measure & track progress
- How to keep the process alive

Includes:

- Attractive binder
- Extra forms
- “Goal Setting for Success” CD

“Goals. There’s no telling what you can do when you get inspired by them; there’s no telling what you can do when you believe in them; and there’s no telling what will happen when you act upon them.”

- Jim Rohn

OVERVIEW

- How to Use This Action Plan
- The Goal Setting Process

WHERE I STAND NOW

- Self-evaluation Checklists (7)
- Who Am I?
- Future Description
- Where I Stand Now
- Personal Vision/Purpose/Mission

WHERE I WANT TO GO

- John Goddard’s Life List
- Master Dream List
- Category of Goals
- Master List of Goals

HOW I’M GOING TO GET THERE

- How to Get a Goal Specific
- Most Important Goals
- How to Write a Goal Worksheet
- Goal Worksheets

ACTION PLANS

- Action Steps

AFFIRMATIONS & VISUALIZATION

- Affirmations
- Visualization

TRACKING RESULTS

- Benefits of keeping score
- What to keep score on
- Ways to keep score
- Scorekeeping principles
- Areas to keep score
- Scorekeeping Worksheet
- Areas to Keep Score/Titles
- Graph Paper
- Barometers

ACCOMPLISHMENTS

- Accomplishments

NOTES & SAMPLE FORMS

- Notes/Ideas
- Sample Forms (12)

EXTRA FORMS (14)