



THE PERFORMANCE PROJECT

Powerful Goal Checklist

Goal Criteria	✓
Present or Past Tense	
Contains Measureable Result + Intention	
Inspires Visceral/Emotional Response	
Meaningful Descriptive Language	
Concise (1-4 Sentences)	
Does Not Reference Past or Current State (More, better, lose, gain, improved...)	
Contains A Time Reference	

Your Goal: