

SET A POWERFUL GOAL

GOAL:

WHAT IS THE INTENTION?

WHAT IS THE MEASUREABLE RESULT?

CAN YOU ANSWER YES TO THE FOLLOWING QUESTIONS ABOUT YOUR GOAL?

1. IS YOUR GOAL TRULY YOURS?
2. IS IT STATED IN PAST OR PRESENT TENSE?
3. DOES IT MAKE YOU FEEL EXCITED, SCARED OR INSPIRED?
4. DOES IT CONTAIN DESCRIPTIVE LANGUAGE?
5. DOES IT DEPEND ONLY ON YOUR OWN RESULTS?
6. DOES IT FREE OF WORDS LIKE MORE, BETTER, IMPROVE, LOSE OR GAIN?
7. DOES IT INCLUDE A TIME FRAME?
8. IS IT CLEAR OR CONCISE?