

From *To-Do* to *Te-De!*

Working through blocks and barriers to reach your goals

Why do we have goals? _____

Why do individuals not meet their goals?

My goal for 2008 is _____

13 Step Process to Reach Your Goals

Step 1 _____

Step 2 _____

On a scale of 1-10 how committed are you to reaching this goal? One means very little and ten means very committed. Circle the number according to how committed you are.

1 2 3 4 5 6 7 8 9 10

Set your intention to meet this goal. _____

Step 3 _____

What is my belief system that may block my reaching this goal? _____

What is the universal UAC or belief system issue? _____

Step 4 _____

Why is it important to write down our goals? _____

Step 5 _____

My goal affirmation _____

Step 6 _____

What would be a no-brainer first step? _____

Step 7 _____

Step 8 _____

What is an obstacle I may face, and how can I overcome it in a creative way?

How can my perspective impact reaching my goal? _____

Step 9 _____

What skills do I have in my 'toolbox' that I can pull out and use to reach this goal?

Step 10 _____

Step 11 _____

What method(s) can I use to remind myself daily of my goal? _____

Step 12 _____

What is the 'quitting zone'? _____

How can I be like Thomas Edison? _____

Step 13 _____

What reward will I give myself when I reach my goal? _____

Tips and Suggestions _____

My goal buddy's name/phone # _____

We will commit to the following _____

TA-DA!!!!!!!!!!!!!!