

GOAL PLANNING PRE-WORK 2022

to prepare for the Take Back
Your Life Journal Workshop

1. Have a Desire: What Do You Really Want?
2. Believe That Your Goal Is Achievable
3. Write Your Goal Down
4. Determine Your Starting Point
5. Determine Why You Want It
6. Set a Deadline
7. Identify the Obstacles In Your Way
8. Determine the Additional Knowledge and Skills You Need
9. Determine the People Whose Help You Will Need
10. Make a Plan: Put It All Together
11. Visualize Your Goal Continually
12. Never Give Up

These are 12 goal pillars from Brian Tracy that are great reminders of why goals are so important.

I love them because, in order to get what we want in our lives, we must keep our goals in front of ourselves, always thinking about them because...

What you think about expands, what you dwell upon becomes your destiny...remember that.

With these 12 goal pillars in mind, please watch my recorded TBYL Goal Setting Workshop ([click HERE](#)) so you can start thinking about the things you want to accomplish and become in 2022.

We break goals down, even more, using our own methodology, but again, having the underlying principles of these 12 pillars in place will help you get your goals solidified.

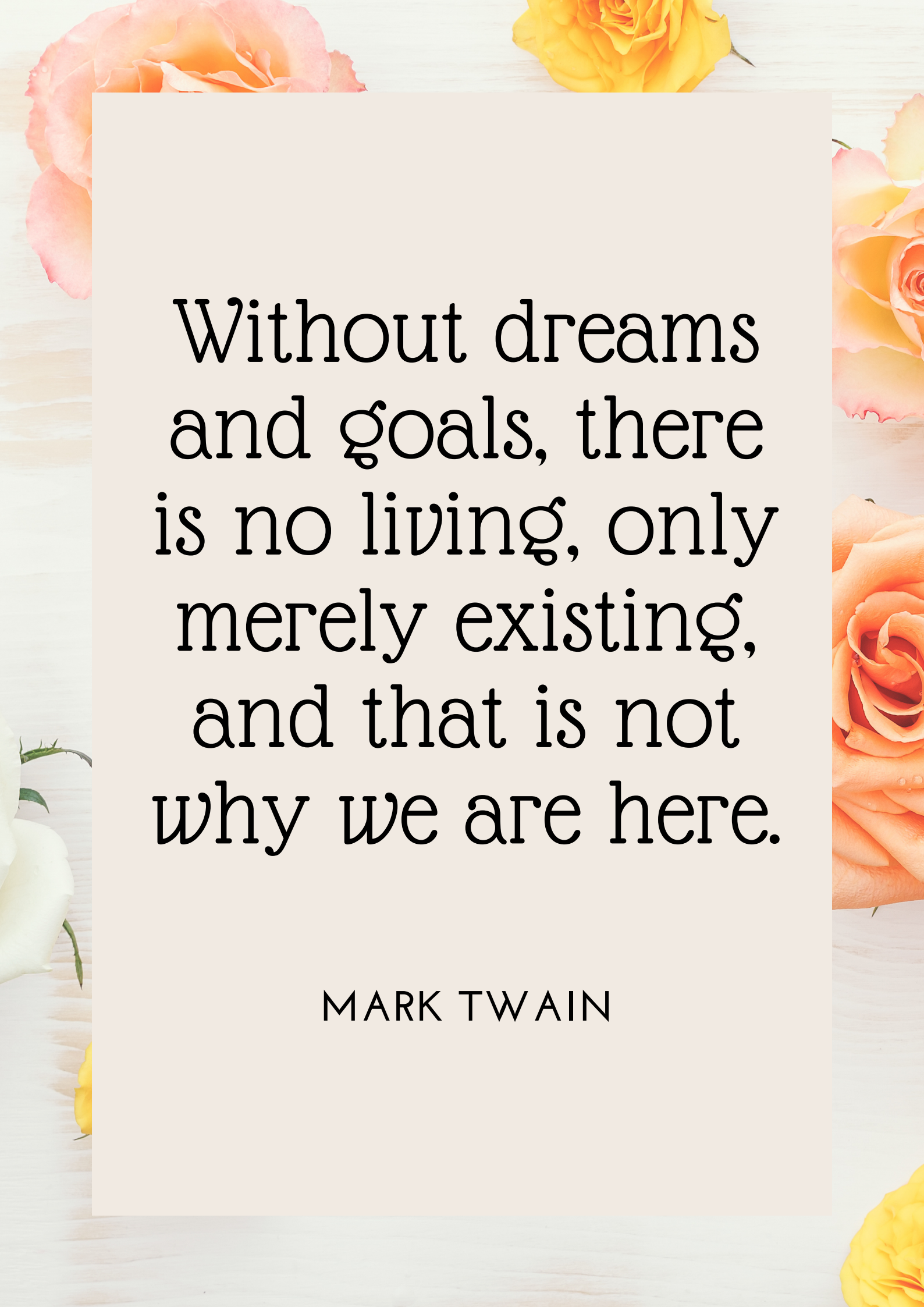
Once you set your goals, you have to begin goal PLANNING. Different beast that requires different tactics.

**Setting goals is like making plans to go on vacation.
Planning goals is like driving to the airport to get on the plane and make the vacation happen.**

The following 5 questions will help you search your heart, mind, and soul for what you want and why you want it.

There is no right or wrong answer--there's simply **your** answer and it's imperative that you honor it!

No one can create your life for you; you must do it yourself and you do it by spending time thinking about what you truly want, discarding what you don't, and creating goals that support the stuff that lights you up!

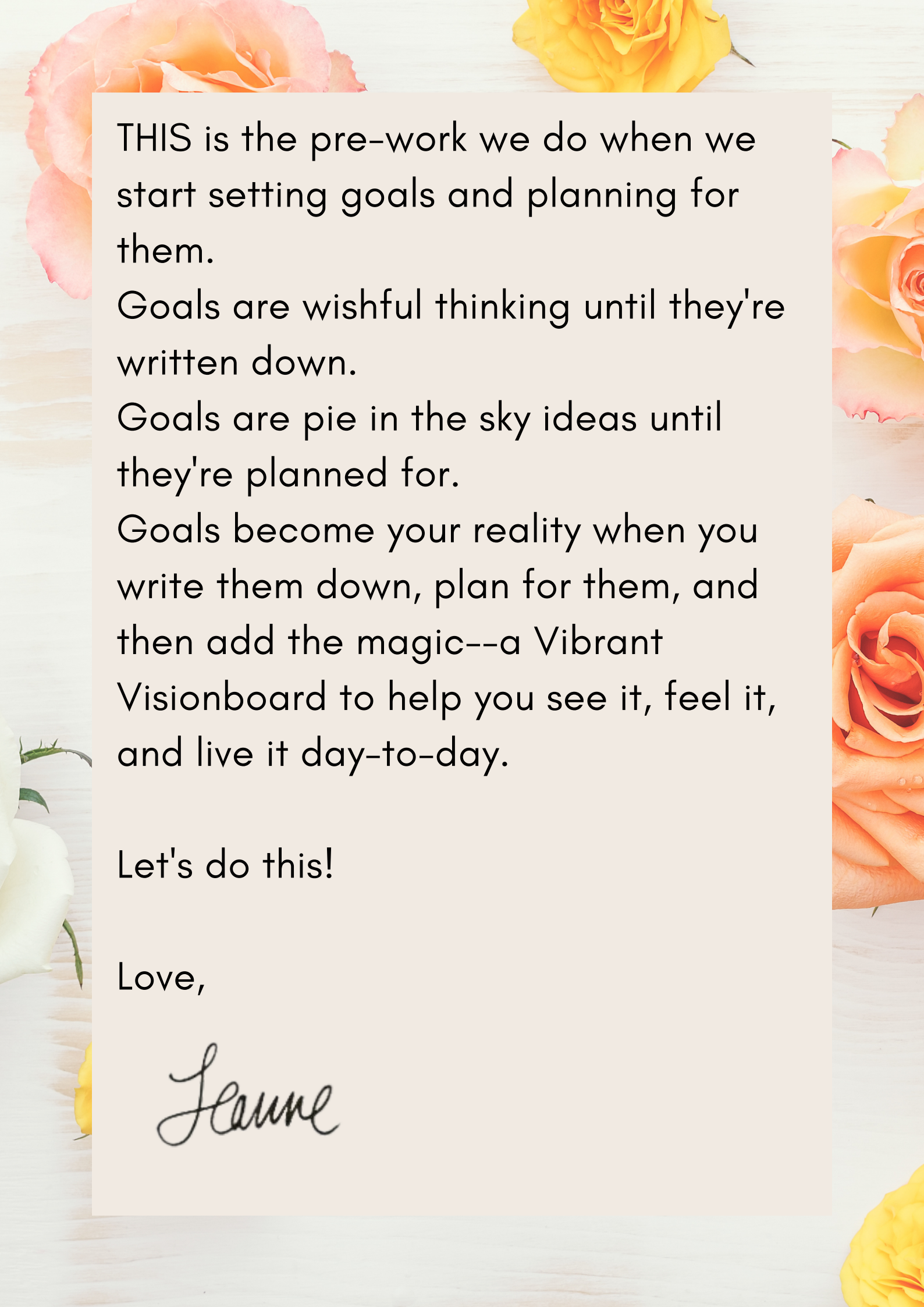


Without dreams
and goals, there
is no living, only
merely existing,
and that is not
why we are here.

MARK TWAIN

5 Questions To Help With Your Thinking For Effective Goal Planning:

1. *What is necessary to help achieve your goal? Ask yourself questions--what do I need exactly? Supplies, support, time, etc.*
2. *How will you build your goals into your daily schedule to achieve them?*
3. *What is the time investment for each goal? What should your weekly schedule look like to support achieving these goals? (Think in this way: can I be a world-class pianist by practicing 5 minutes a day?)*
4. *What obstacles will you face; what are your contingency plans if things don't go according to plan?*
5. *This is the fun part; what are the BENEFITS of reaching your goals? What will you look like? Feel like? Who are you hanging out with? What are you talking about?*

The background of the image features several roses in shades of pink, orange, and yellow, scattered around a central light-colored rectangular area containing text.

THIS is the pre-work we do when we start setting goals and planning for them.

Goals are wishful thinking until they're written down.

Goals are pie in the sky ideas until they're planned for.

Goals become your reality when you write them down, plan for them, and then add the magic--a Vibrant Visionboard to help you see it, feel it, and live it day-to-day.

Let's do this!

Love,

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