



Goal Setting and Motivations Exercise

Designing your Future: Identifying your goals and motivations and getting them on paper!

Instructions:

A goal without a deadline is a dream. - Dave Ramsey

1. Write your goals down. It increases the probability you will accomplish them by 42%.

2. Make your goals **SMARTER**:

***S**pecific

***M**easurable - ex. Lose 25 pounds in 3 months.

***A**ctionable - (start with an action word). ex- Run a marathon.

***R**ealistic

***T**ime-Bound - (must have a deadline) ex. in 3 months.

***E**xciting

***R**elevant

3. Try to identify what the true reasons for these goals are. What motivations do you have for accomplishing these goals. Remember, “people lose their way when they lose their why”.-Michael Hyatt

4. Share your goals with someone supportive, but be selective.

5. Review your goals regularly (weekly is recommended).

This is where the magic happens. Your Future Starts NOW!



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Exercise:

1. Write down 5 SMARTER goals.
2. Number them in order of importance.
3. Identify 1 of your goals as your PUSH goal. That is your #1 goal. If accomplished, your push goal will help you accomplish your other goals.
4. Identify 3 motivations that drive you towards accomplishing your goal. Designate your most important motivation as your “Key Motivator”. Remember, it is usually “the 3rd why” that is the most true.

Goal 1:

Key motivation:

Motivation 2:

Motivation 3:

Goal 2:

Key Motivation:

Motivation 2:

Motivation 3:



Goal 3:

Key Motivation:

Motivation 2:

Motivation 3:

Goal 4:

Key motivation:

Motivation 2:

Motivation 3:

Goal 5:

Key Motivation:

Motivation 2:

Motivation 3:

Goal Setting and Motivations Notes:

Remember, motivation drives action. Don't forget to ask yourself "why?".