

Goals keep you focused and help you understand how to most efficiently allocate your time and resources. Research studies show a direct link between goal setting and enhanced performance in business.

The process of setting goals gives you the power to choose where you want to go in business and in life, and helps motivate you to turn your vision of the future into reality. By knowing precisely what you want to achieve, you can better allocate your resources and concentrate your efforts on what matters most to you and your business.

You should set goals in multiple areas of your life as success is not just business and career but also your family, health, financial and social interactions are equally important areas of achievement.

Your goals can and should change over time. Goals are not written in concrete and constant terms but they do give you a starting point and a destination. The process of goal setting helps you choose where you want to go in life. There is something magical that happens when you write down your goals. Now let's go and do it!

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## 1. Business Goals

What does your dream business look like? It doesn't need to be realistic at this point. Consider all the possibilities without any boundaries. How do you want your business to look like in the next 12 months? 6 months? 3 months?

## 2. Health & Wellness

Only you know what you need to do to achieve your health and wellness goals. Is it to lose weight, eat better, increase strength or stress less. Is it to go to the gym or decrease a certain food or drink (ie sugar) or increase a food (ie vegetables) or eliminate an unhealthy habit? Write down your health and wellness goals here and start implementing today.

### 3. Adventure/Extend Yourself

List things that you have never done or tried and always wanted to. Perhaps you dream about swimming with dolphins, sky diving, going fishing, or horse riding. Perhaps you aspired to give a presentation, manage a charity event or embark on 6 months of travel. This year make it a priority to accomplish one or all on your list.

### 4. Financial

How much income do you desire for the year, month, week. How much debt do you wish to have, how much saving?

### 5. Education Goal

Invest in yourself. Is there a particular knowledge you wish to acquire? Such as learning a new language, playing the piano, or take an online course. How many books do you wish to read? Or which conferences will I attend?

## 6. Helping Others

What are your goals for helping others? Can you volunteer your time, become a mentor, how can you give back? Can you donate money to help others in need?

I will donate my time to these organizations:

I will donate my money to these organizations:

## 7. Personal Goals

What kind of personal goals will directly add to or improve or expand on your quality of life. Perhaps it is to read the newspaper daily, or ride the bike to work, or finish that house remodeling project. Is there a gift or talent that has been undeveloped in your life?

Personal Goal #1:

Personal Goal #2

## 8. Long Term Goals

An effective and simple approach to changing a habit is simply to focus on new habit or resolution at a time. Ideally one per month. If you focus on completing one activity for one month straight it will more likely become a routine. Such as waking up 30minutes early each day to write, or going to the gym 4 times per week. Your efforts from writing each day could result in a published book and your efforts from exercising 4 times per week could result in running a marathon. Certain goals take longer than 12 months to achieve. Use this space below to dream big!

**List up to 12 habits or resolutions you'd like to focus in 2015:**



