

Start getting your life back on track!

Write down **your goal**. Be specific. Make sure it is challenging - but achievable!

How will you know you have achieved your goal?

By when do you want to have achieved your goal?

On a scale of 1-10, how far along are you in achieving your goal?

What have you already done to achieve your goal?

What is missing? What would need to happen for you to achieve your goal?

What obstacles might you meet along the way?

How will you overcome those obstacles?

Brainstorm your options – what could you do if nothing could come in the way of achieving your goals? What could you do if failure weren't an option? What could you do if time and money were no object? What could you do if you had all the support you needed?

What are you actually prepared to do? List all the actions you are going to take. When are you going to do each one? Give a specific date and time.

Action 1:

Time frame for completing this action - specific date:

Action 2:

Time frame for completing this action - specific date:

Action 3:

Time frame for completing this action - specific date:

Action 4:

Time frame for completing this action - specific date:

Action 5:

Time frame for completing this action - specific date:

Add as many action steps as required to achieve your goal.

The secret is:

Write it down

Make sure your goal is specific and measurable

Take action

Keep moving forward

Don't leave your goals to gather dust. Keep them somewhere where you can see them every day. Update them on a regular basis. Make any necessary changes. Take action!

Do this exercise with all of your goals!