

GOALS

Most people don't have goals. They confuse a **GOAL** with:

- A **DREAM** - something that they take no action to achieve
- A **TASK** - something insignificant or routine
- A **S.M.A.R.T** objective - something they have no passion for

**A GOAL is
the unavoidable result of belief and focused effort**

The only way to guarantee that you achieve any goal in life is to:

- **BELIEF** - Understand *WHY* you want it
- **FOCUS** - Make it *VISIBLE* and drive accountability
- **EFFORT** - Take *ACTION* and adopt new *HABITS*

**Use the template on the next page to clearly define
your GOAL and set yourself on the path to
achievement**

MY GOAL

TO:

BY:

SO THAT:

What am I doing TODAY to achieve this?