

Setting My Winning Posts



GOAL METER

List your goals in the different aspects of our life –Spiritual, Family, Physical, Mental, Career, and Financial. Think BIG!!! Dream BIG!!! Remember if your goals are not written down ...they are not goals but mere plans that need to be put into action. Be sure these are YOUR goals. Write them as if you intend to accomplish them.

FAMILY:

(Do you want to improve family life...attract the right person into your life, spend more time with family members?) Write your goals down as they come to you

PHYSICAL: (Do you plan to exercise more often, run a marathon...increase your energy level....do annual check- ups.)

MENTAL: (Do you plan to return to college, read more, build new skills) whatever comes to mind write them down)

FINANCIAL: (State your income goal, do you want to retire early, become debt free, set up a savings plan)

CAREER: (Write your career path, business development, practice new skills, improve brand, projects you want to complete)

SPIRITUAL: (mediate more, volunteer more at church, and spend more time to develop your faith).

Write your goals down

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Now that you have written your goals down, review them and start putting them into 4 different time frames for achievement – My 30 day goal, My one Year goal, My 5 year Goal, My 10 Year Goal. Ask yourself what you can do in the next 30 days that will move me towards my long term goals.

MY 30-DAY GOALS

FAMILY	PHYSICAL
MENTAL	FINANCIAL
CAREER	SPIRITUAL

MY 1-YEAR GOAL

FAMILY	PHYSICAL
MENTAL	FINANCIAL
CAREER	SPIRITUAL

MY 5-YEAR GOAL

FAMILY	PHYSICAL
MENTAL	FINANCIAL
CAREER	SPIRITUAL

MY 10-YEAR GOAL

FAMILY	PHYSICAL
MENTAL	FINANCIAL
CAREER	SPIRITUAL