

1.

Take an extra paper and write down your biggest desires for the next year and don't be afraid to be detailed!

This exercise allows you to get clarity on your priorities and within this text lies your goals. Pick one or several desires and let these be your focus.

Decide what you want

2.

Make specific goal which you can clearly tell if you have achieved or not at the end of the year.

This template is for one desire!

Get Specific

Specific
Measurable
Achievable
Relevant
Time bound

7.

Also set up your weekly schedule (in computer...google sheets etc) with your action-based goals penciled in around your other commitments.

Write the actions on the road towards to your goal!

Set Your Action-Based Goals

From your detailed description, select the actions you need to do on a weekly basis.

4.

3.

What Will You Need To Do and What Might Get In Your Way

Take an extra paper and write in detail about the things you need to do to achieve that goal and what challenges might get in your way. With any arising challenges, think of ways you would overcome them.

6.

Set Your Assessments and Schedule

Break down your specific goal into 4 milestones and check in throughout the year to see how efficient your current actions are in helping you achieve your big goal.

5.

If you believe you are a certain type of person you are more likely to act in accordance with that identity. Start to tell yourself this is who you are and hopefully, this should inspire you to follow through with your actions.

Create Your Goal-Achiever Identity