

GOAL SETTING CHALLENGE

DATE:

YOUR ONE GOAL

Remember "*the more precise, the stronger it is*" - Tony Robbins
Add a figure and a time frame

WHAT ARE THE 3 THINGS YOU NEED TO FOCUS ON TO ACHIEVE THIS GOAL?

FOCUS #1

.....

.....

.....

.....

.....

FOCUS #2

.....

.....

.....

.....

.....

FOCUS #3

.....

.....

.....

.....

.....

WHAT ARE THE 3 MAIN ACTION ITEMS FOR EACH FOCUS?

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....

1

.....

.....

.....

2

.....

.....

.....

3

.....

.....

.....