

My Personal Goal Plan

“There is a Divine Urge within, ever pushing us forward to the goal.”

- Ernest Holmes

This is a simple, easy-to-use, step-by-step format to help you design your personal goal plan. In order to do it, you will need about 20 minutes of time and a piece of paper on which you can write down your answers.

Step 1: Set Goals that Matter to YOU.

In order to be successful, we must make a series of inter-connected smaller goals, that lead to a larger goal. Remember, *it's better to set smaller goals and*

stick with them, than to try and set larger goals that will frustrate you.

| | One Year From Now | 9 Months From Now | 6 Months from Now | 3 Months from Now | 1 Month from Now |
|--------|-------------------|-------------------|-------------------|-------------------|------------------|
| Date | | | | | |
| Result | | | | | |

Step 2: Take Action

Setting goals is a great first step. However, nothing changes if nothing changes; they will not “magically” happen. Here, you will list actions you can stick with. Make them small and attainable, rather than large and intimidating. Remember, *you are going to have to create “room” in your life to do these.*

Examples might include, “Walk ten minutes a day,” “Wait five minutes before I eat,” “Read a chapter

every day,” “Go to three Zumba classes a week.”

The reality is that if you can make these three actions as much a part of your life as some of your other habits, you’ve got most of the problem beaten. Be patient with yourself in doing these. There will be slip-ups and setbacks. Remember, *if guilt and shame were motivational, you’d already be successful.* Be kind to yourself when you mess up, but do not give up.

| | Start date | What is it? | How will I know it's a success? |
|----------|------------|-------------|---------------------------------|
| Action 1 | | | |
| Action 2 | | | |
| Action 3 | | | |

Step 3: Prepare for Obstacles

We cannot anticipate EVERYTHING that can de-rail us, but we don't have to. We usually slip up for the same few reasons over and over again. For example, we might do well all day, but get sloppy at night; or we forget our plan when we're stressed; or the holidays "do us in."

Identify your "Top 3 obstacles;" those events or times that will most likely throw you off. For each, devise a very simple plan to avoid them; such as "When I am stressed, I will take a brief walk." When these obstacles arise, you now have a plan to deal with them. Having said that, you're only human, and you will forget these plans. So, also write down what you will do to recover from your mistakes quicker when they do happen — and they will. Remember, *we can never disarm the "habit bomb" completely; we work toward making it "explode" less often, do less damage when it happens, and recover from it more quickly.*

| | What is it? | How do I prepare? | How do I recover? |
|------------|-------------|-------------------|-------------------|
| Obstacle 1 | | | |
| Obstacle 2 | | | |
| Obstacle 3 | | | |



Congratulations!

By completing this, you have done more to achieve your goals than 90 percent of the people who say they want to change a habit. You have moved from "thinking about it," to "doing something about it."

For that, smile and be proud!

Intentions Affirmations Manifestations
FROM "WHAT IF..." TO "WHAT NEXT..."

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