

commit To Your Goal

At this time of year, there simply isn't enough time to tackle everything on your goals list. That doesn't mean you give up on it. Instead, you need to focus.

$\rightarrow$	Write down all the goals	you had at the begi	nning of this year	that you have	yet to meet or start.

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→ Review the list above carefully. Sort them below.

🤽 Still very important now Content Less important now

From the still important list above. Which one - just one - will give you the most satisfaction for you to complete or gain traction on, by December 31? Be honest with yourself. You cannot do everything. This will be your focus goal for the rest of the year. Write it below big and bold.



Know your why. You'll be tempted to skip this step because it sounds so cliche these days. Don't. Give yourself a day or so and chew on the root reasons why you need to do this now. The questions below can help.

$\rightarrow$	Why is this goal more important to you than the rest?		
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 $\rightarrow$  Why do you want to focus on this goal at this time? Why can't it wait till next year?

 $\rightarrow\,$  Who benefits from this? Who does it impact and how?

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 $\rightarrow\,$  What happens if you don't get traction on this goal?

 $\rightarrow\,$  What happens if you do and accomplish results beyond your goal?

Make a Plan To Celebrates

Celebrating your goals is an essential part. You wouldn't dream of shrugging off the accomplishments of a friend who worked hard to reach their goals would you? So don't do it to yourself. Plan how you are going to celebrate at the end of the year now. Doing this gives you something to look forward to. It also reduces chances of self-sabotage especially if your goals related to food or saving money. It is easy to celebrate by blowing both of those.

→ If you intend to spend, write how much you will budget for this celebration.

What is one thing you can give yourself because you reached for this goal? Remember, gifts don't have to cost money or be food.

→ Who will you celebrate with?

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What can you do to keep your accomplishments in view so you will see and remember what you're capa-ble of throughout next year?

us On Your Efforts

Most goals take time. It is unlikely you will be able to get to that final prize in your head. For example, doubling your income or losing 20 lbs are relatively long term goals. Sure, people have done it, but do not make the mistake of thinking that is commonplace. Keepyour eye on that of course, however, this is the time to get laser focused on the steps you need to take to get there. It's a time to focus on the effort. Not the outcome.

Thinking of your goal, write down all the things you need to do to get you on that journey. E.g. Create an ecourse, eliminate sugar. Think of things you need to stop doing, things you should continue doing and things you should do but aren't doing. Don't censor or edit this list now. Just brainstorm as many things you can do.

anize Your Actions

Review your action list from the previous page. Pick 1 and break them down further into weekly action goals. If you can accomplish all actions in a short time, pick another and repeat.

### Examples:

Action - Eliminate sugar. Week 1 - Reduce sugar in coffee by 50%. Week 2 - Skip sugar in coffee. Action - Create a course. Week 1 - Map course goals and audience. Week 2 - Outline course.

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	Week 2:	
	Week 3:	
	Week 4:	
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	Week 7:	
	Week 8:	
	Week 9:	
	Week 10:	
	Week 11:	
	Week 12:	
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Involve Peoples

This can be a terrifying step, but often, people who share the journey with those who are also on the same journey get better results.

Who in your circle of friends are on the same journey? Would they be open to a friendly challenge or accountability group?

If you do not want to involve people you know, where can you find groups of people who are on the same  $\longrightarrow$  journey with you?

12-Week Action Tracker

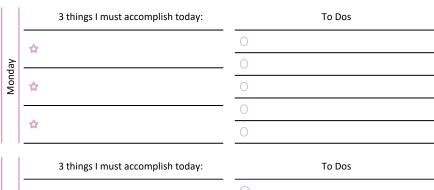
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Week 7:		Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 8:		Mon	Tue	Wed	Thu	Fri	Sat	Sun
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Week 12:		Mon	Tue	Wed	Thu	Fri	Sat	Sun

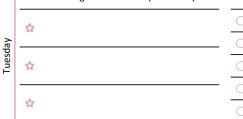
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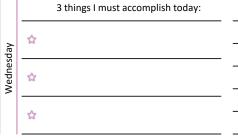
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Weekly Plan





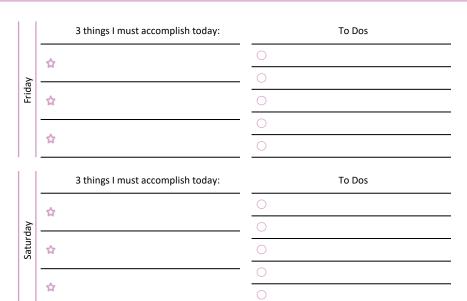
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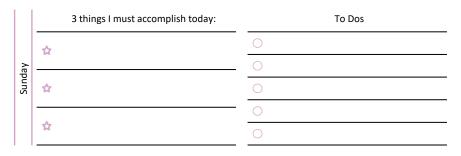


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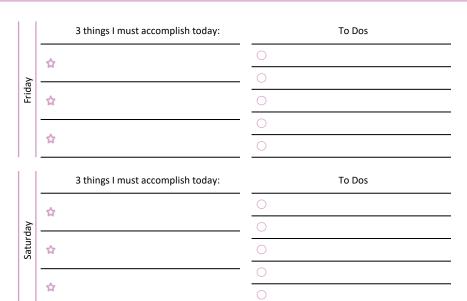


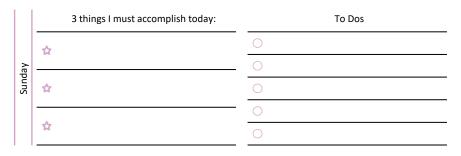


Weekly Assessment

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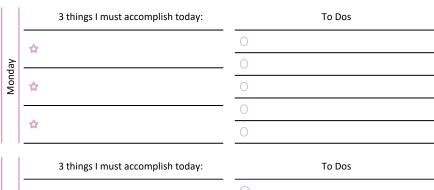


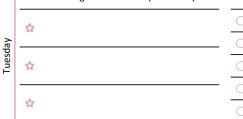


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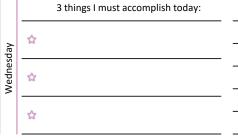
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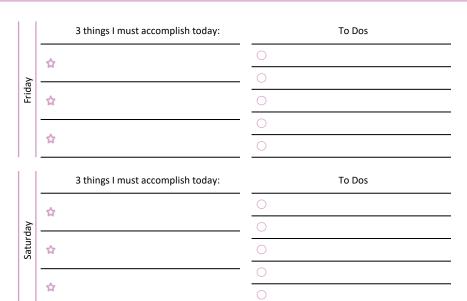
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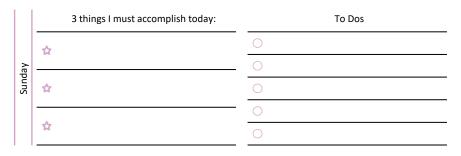


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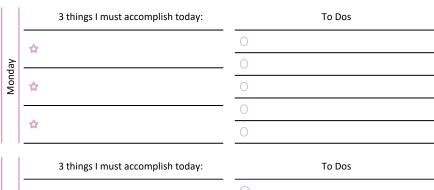


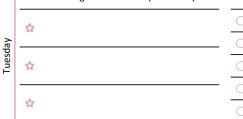


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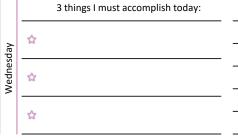
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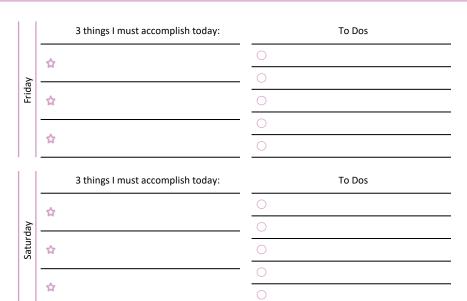
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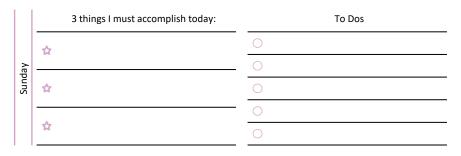


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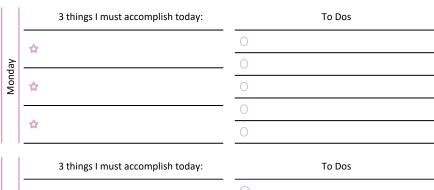


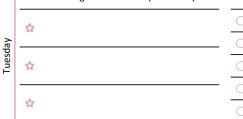


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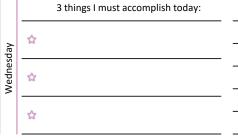
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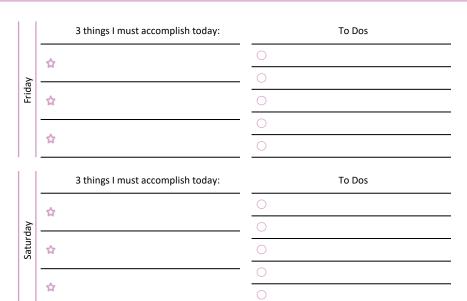
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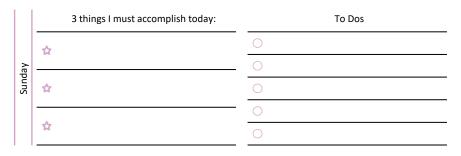


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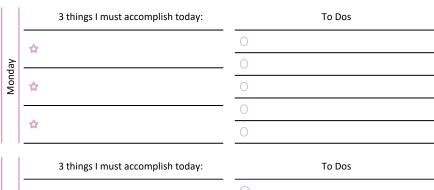
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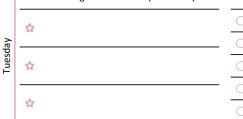
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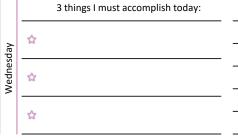
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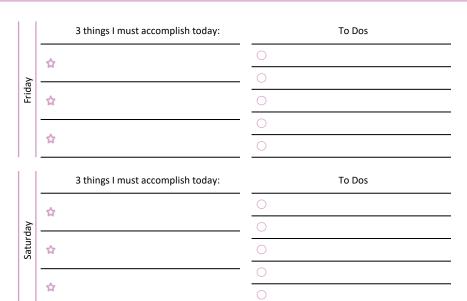
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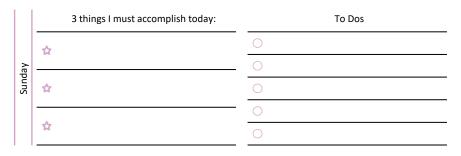


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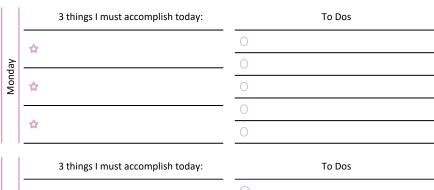


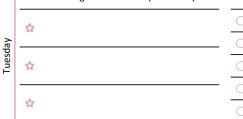


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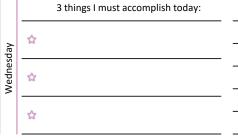
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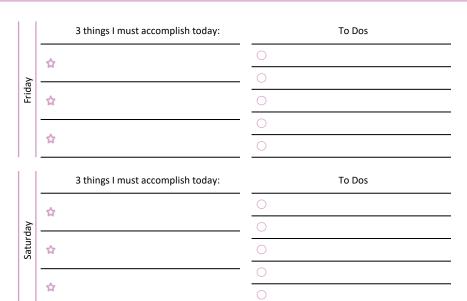
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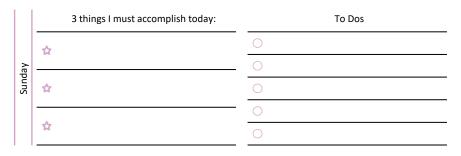


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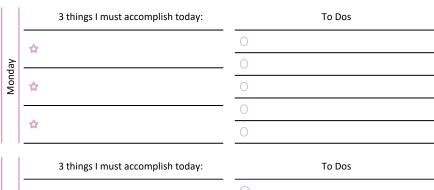


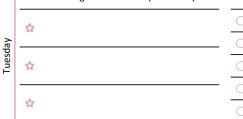


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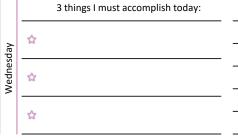
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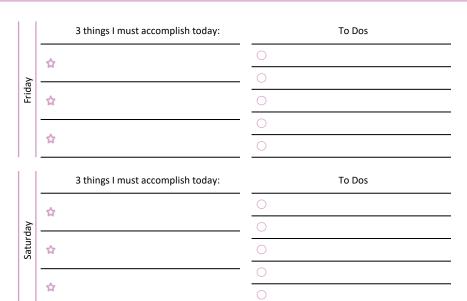
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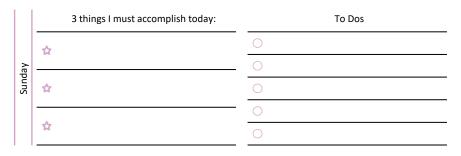


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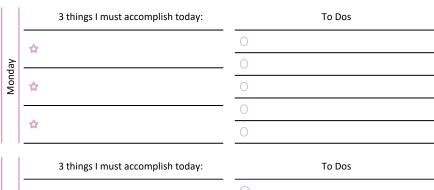


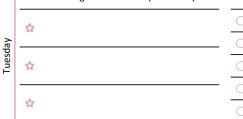


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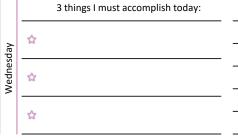
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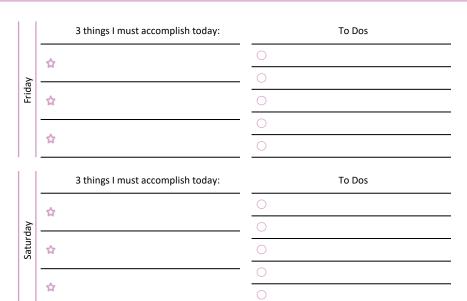
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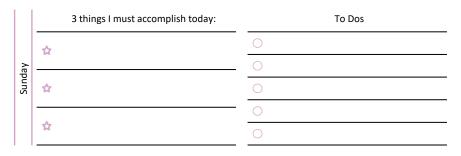


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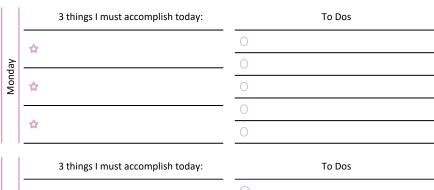


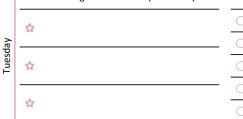


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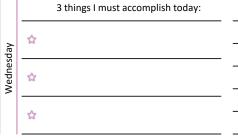
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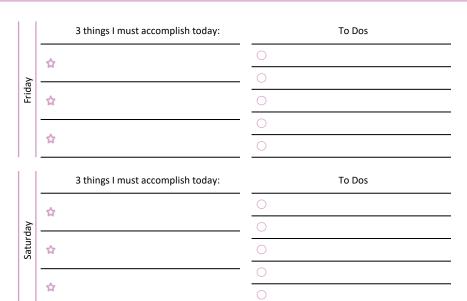
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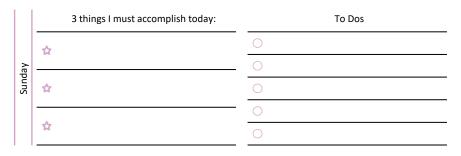


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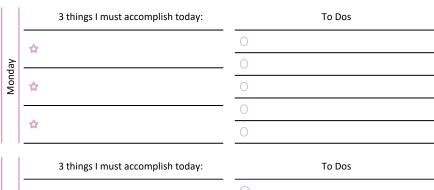
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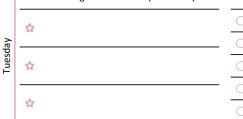
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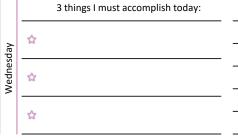
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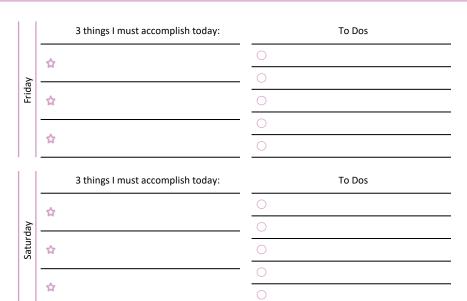
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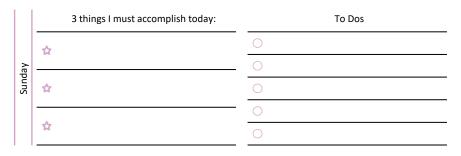


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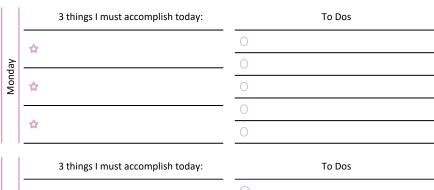


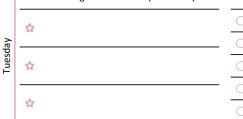


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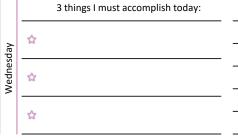
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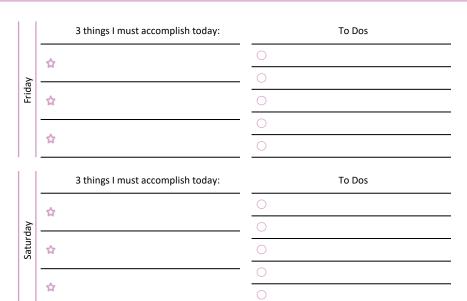
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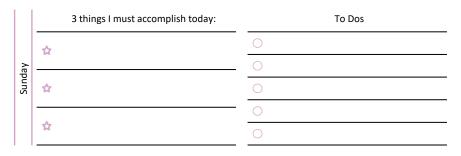


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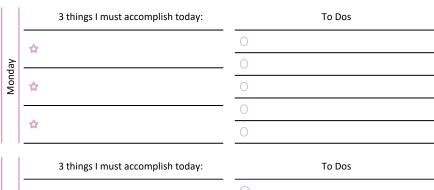


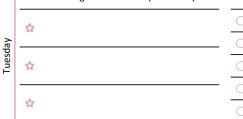


Weekly Assessment

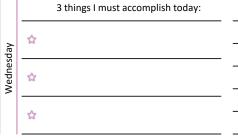
k:					
How do you feel abou	ut this week?				
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What did you do towa	rds your goal?				
What challenged you?					
What will you change,	or keep doing for the cor	ning week so ye	ou make more	or continue mak	ting
progress?					
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Weekly Plan





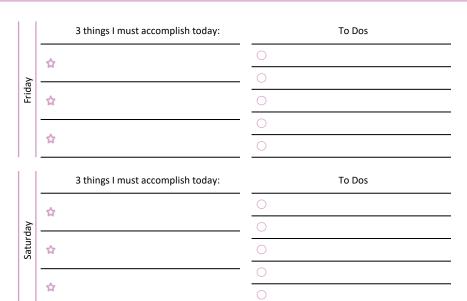
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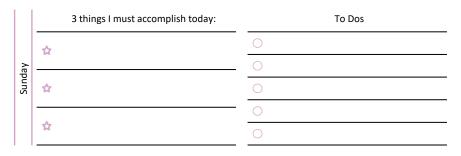


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3 things I must accomplish today:	To Dos
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Weekly Plan







Weekly Assessment

k:					
How do you feel abou	ut this week?				
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What did you do towa	rds your goal?				
What challenged you?					
What will you change,	or keep doing for the cor	ning week so ye	ou make more	or continue mak	ting
progress?					
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Undated Month Calendar

Month:

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Well Done!

List 12 things you did well this year. If you keep a journal, this is a great time to flip through the year's pages. Or, close your eyes and mentally flip through each month of the year and try to recall the highlights of each month.

1
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

1 Wish ...

$\longrightarrow$ Without self-judgement, what are 5 things you set out	t to do but didn't?
1.	
2.	
3.	
4.	
5.	

 $\rightarrow$  Why do you think that is so? Don't give excuses. Instead, try to observe in the third person.

 $\longrightarrow\,$  What will you do to make sure that doesn't happen again?

Express Thanks

Who are the people who helped you through the year or the last 12 weeks when you were going for a strong finish? List them here and send them a good old fashioned thank you card.

Name	Done
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accept & Let God

Everyone fails at something every year. That's life. The last thing you want to do is to carry this baggage into the new year. Before the year ends, close the chapter properly. Accept, let go and free yourself of this year's failures. There are many more things coming up you can win. You'll need your A-game there.

Examine it without judgement or criticism. Be curious. Why did you fail? Again, no pointing fingers. Be analytical.

 $\longrightarrow\,$  What one change would've made it better?

→ What about this failure are you thankful for?

→ What have you learned from the situation and about yourself?

→ How will you apply this going into the new year?

Look Ahead

Now that you've closed the door on your failures, let's look ahead with anticipation!

Zero in on what areas of your life you want to work on in the coming year. Don't pick too many. Ideally, focus on one thing for one area of your life.

Goal 1	Goal 2	Goal 3

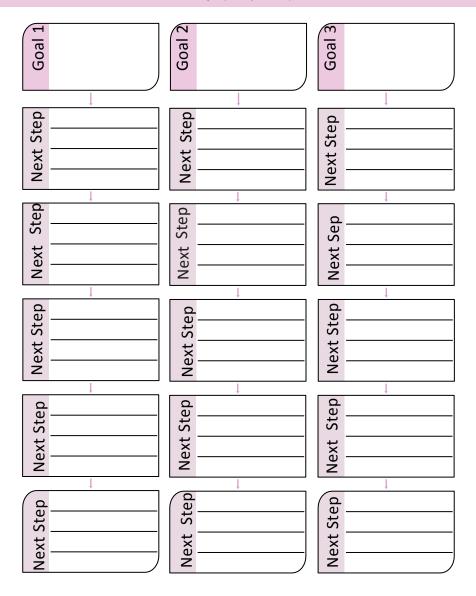
Keeping in mind the lessons from past failures. What would it take for you to get started? Close your eyes and visualize if you have to, then write down what you see in your mind's eye.

\_ \_

What is the very first step you need to take? Don't make it too big. Try making it a tiny step for an easy win.

Move The Needles

Achieving your goals is often not about making huge leaps in a short time. The truth is more like steady, gradual steps. Now that you've determined your first step in the previous page, go finish it. Once you do, use this page to work out your next step(s) but don't work out too far. Focus on one small step, one easy win at a time. Pencil them in to give yourself room to pivot.



Notes To Your Next Year Self

You've come to the end of the year. You've made an honest effort to attack your goals and finish strong instead of laying down and saying, "It's too late." That says something about you. You have what it takes. Your future self in the coming year is going to get discouraged and tired from time to time. Pen some words of encouragement to that future self so you can turn back to this page later and remind yourself what you can do.

Note #1	
Note #2	
	)
Note #3	
Note #4	
Note #5	
Note #6	



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