



Gear Up for 2019 Goal Setting Templates

Goal Achievement Strategist

Pat Council

Power Up Nation, Inc.

www.patcouncil.com



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A Key Factor in
Goal Setting:
They should
be

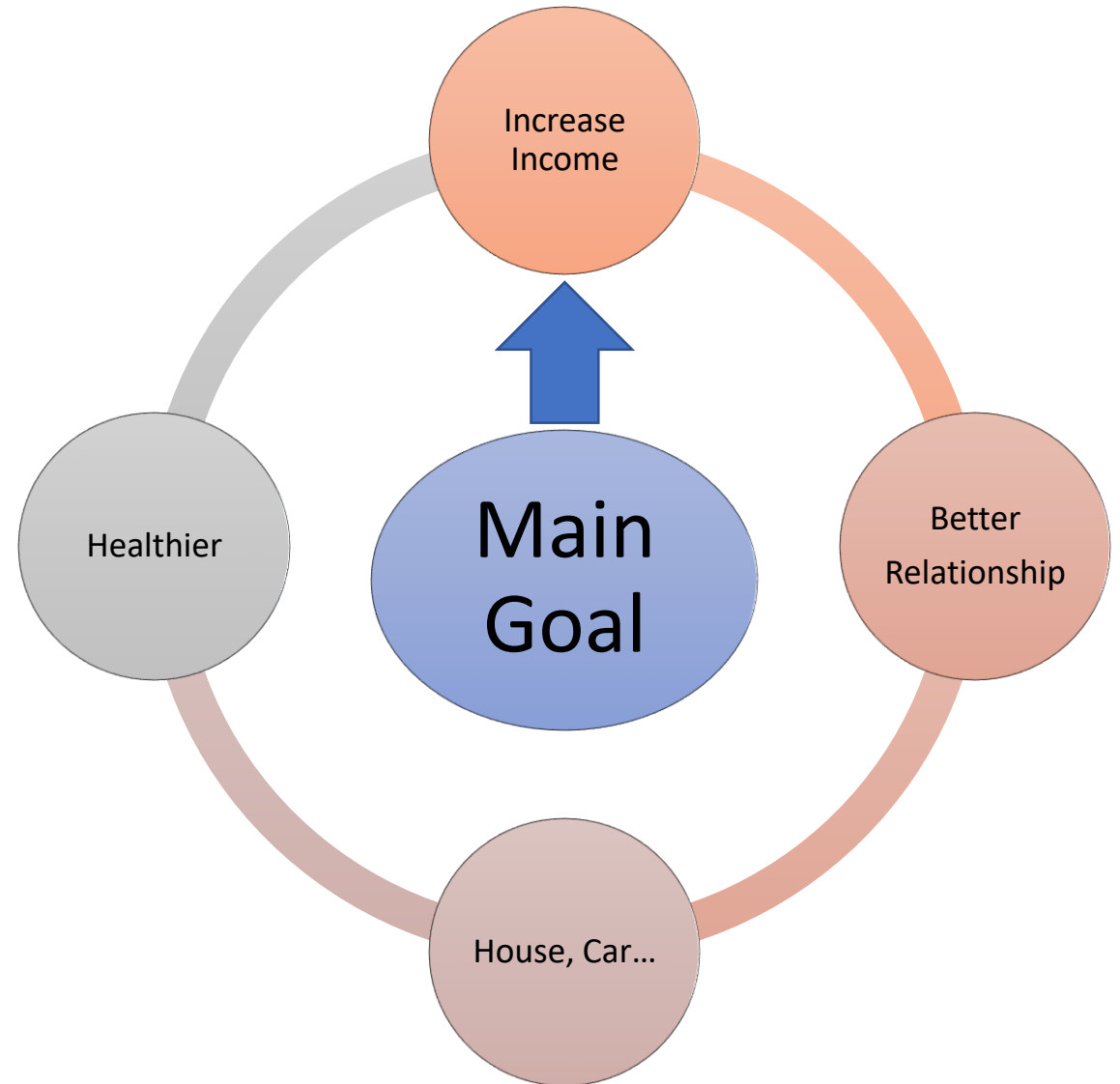
Handwritten

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Easy goal setting method

To increase your chances of achieving your goals, keep goal setting simple.

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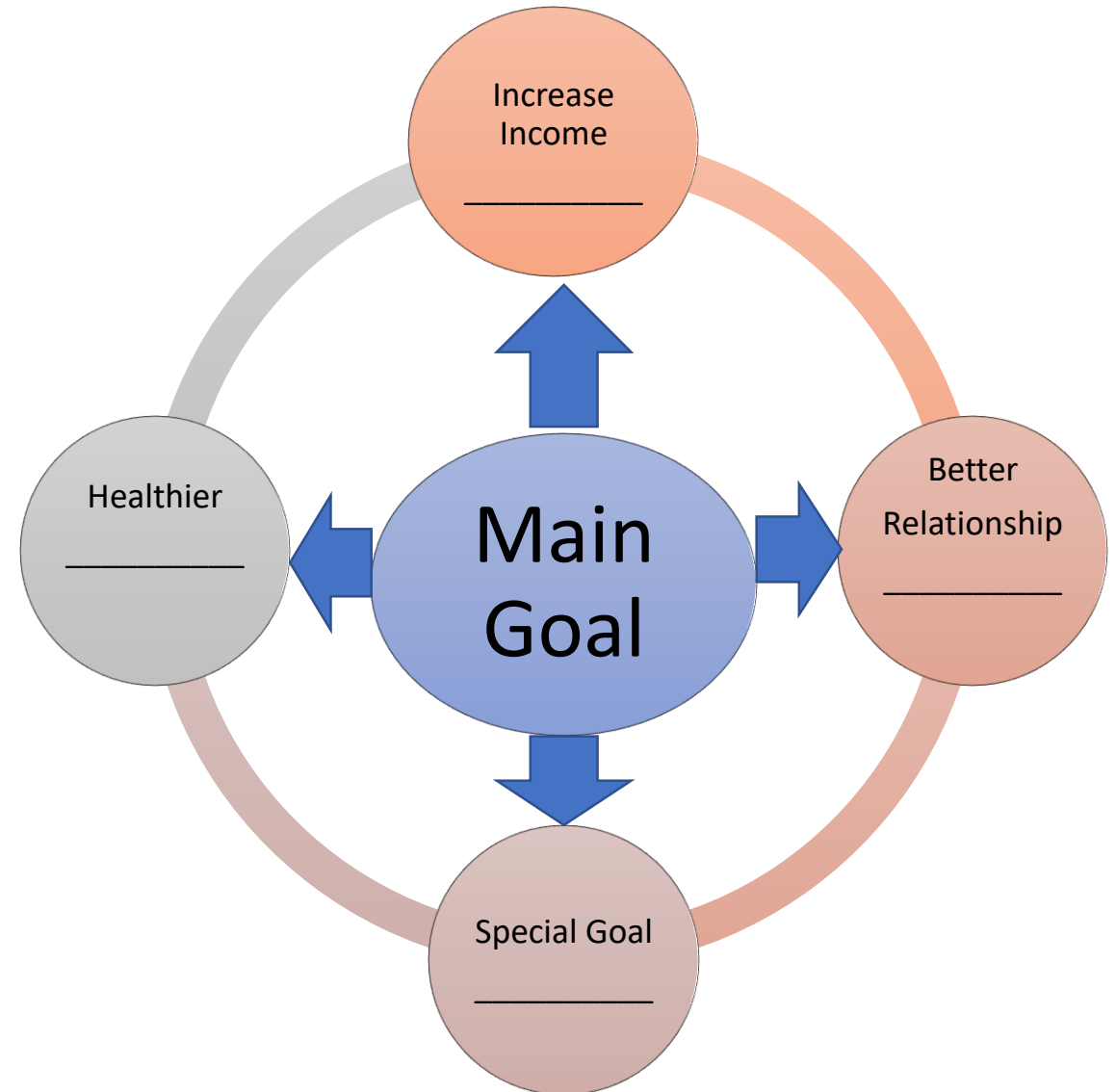


Easy goal setting method

To increase your chances of achieving
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Print off and fill-in

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Turn your main goal into a S.M.A.R.T. goal

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SMART Goals: **S**pecific, **M**easurable, **A**ttainable, **R**elevant and **T**imely



Specific: Income increased to **\$100,000.00**



Measurable: Can you track it? **\$8333.33** each month



Attainable or Achievable: Can you earn this amount doing what you are doing now? (This points to changes that you need to consider making.)



Relevant: Why do you want to achieve this? Will achieving this goal apply to a specific problem?



Timely (Time-bound): Does it have a deadline date? When? “Someday, soon, eventually...are not specific time frames.”

Turn your main goal into a S.M.A.R.T. goal (Fill in the blanks. Use a separate sheet of paper if necessary.)

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SMART Goals: Specific, **M**easurable, **A**ttainable, **R**elevant and **T**imely



Specific: Your Specific Goal is:



Measurable: I will complete: _____ each day, week, or month (circle one)



Attainable or Achievable: I will make the following changes :

_____ (Use a separate sheet of paper if necessary.)



Relevant: My, why for achieving this goal is



Timely (Time-bound): I will complete this goal by _____ (fill-in date)

Goal Categories

Setting life goals gives you the overall perspective that shapes all other aspects of your decision making.

- 1. Life's Passion** - What level do you want to reach in your career. What do you want to achieve in life?
- 2. Financial** - How much do you want to earn, and by when? How is this related to your life's passion?
- 3. Education** - Is there any knowledge you want to acquire in particular? What information and skills will you need to achieve your goals?
- 4. Family** - Do you want to be married or have children?
- 5. Artistic** - Do you want to achieve any artistic goals?
- 6. Attitude** - Is any part of your mindset holding you back?
- 7. Physical** - Are there any fitness goals you want to achieve?
- 8. Entertainment/Social** – What do you want to do to have fun? Who do you want to connect to and socialize?
- 9. Community Service** - Do you want to make the world a better place? If so, how? What would you like to do in the community in which you live?
- 10. Spiritual** - What do you intend to do to get in touch with your spiritual self?

Learn more in “The Power Achiever’s Manual” <http://www.patcouncil.com/resources>

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Short Term Goals (Use a separate notebook or journal.) – Example _ Blank sheet next page

Put a checkmark next to each goal as you achieve it and replace it with a new goal.

Yearly Goals (write in the current year _____)

___ Earn \$ 100,000.00 (Your monetary goal for the year)

___ Write a book.

___ Purchase a new house. (What type and how much?).

___ Buy a new car (What type? BMW).

___ Become physically fit (What is the goal weight 135 pounds.).

___ Become debt free (How much debt to pay off \$10,000.).

___ Save and invest \$ _____ for retirement (Save _____. How much will you save and invest _____?)(Left blank on purpose.)

Quarterly Goals - After writing out your quarterly goals you can establish a quarterly plan of action.

Monthly Goals – are yearly goals broken down by each month. Caution: When writing down your money goal it does not have to be the overall yearly goal divided by 12 months. Your monthly income can be progressive.

Weekly Goals – are monthly goals broken down into bite size pieces. Use your weekly goals to determine your daily goals.

Daily Things-To-Do List – What you do daily should be written to help you achieve your overall goals.

Long Term Goals – Goals that are 3 years or longer

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Short Term Goals (Use a separate notebook or journal.)

Fill-in your personal goals. Put a checkmark next to each goal as you achieve it and replace it with a new goal.

Yearly Goals (write in the current year _____)

___ Earn \$_____ (Your monetary goal for the year)

___ _____ (Fill-in your goals here.)

___ _____ (Fill-in your goals here.)

___ _____ (Fill-in your goals here.)

___ _____ (Fill-in your goals here.)

___ Become debt free. (How much debt will you pay off _____.)

___ Save and invest. \$_____ for retirement (How much will you save and invest _____?)

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Be a SMARTIE and Achieve Your Goals

SMARTIE Goals:

- Specific
- Measurable
- Attainable
- Relevant
- Timely
- Intentional and Information
- Energetic

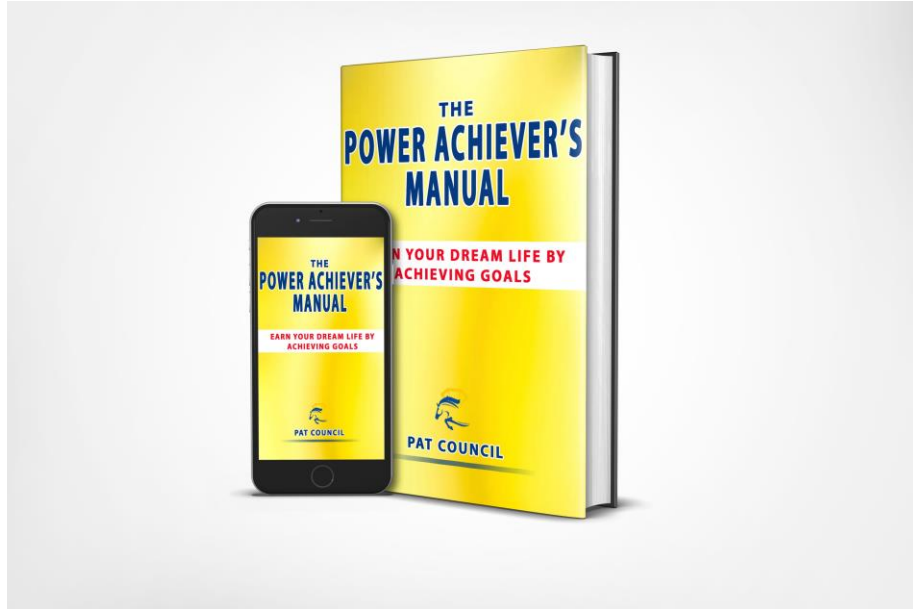
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Key to overcoming
any challenge

Resources for Your Achievement



Resources



Brand new: The Power Achiever's Manual

Get the tools and information needed to achieve your goals and build your dream life. Pre-order and receive the early bird discount. Go to: <http://www.patcouncil.com/resources> for information.

- Podcast – Designing Your Life Today (designingyourlifetoday.com) – Stay inspired all year long.
 - Power Up Today – newsletter – get tips for achieving – <https://www.designingyourlifetoday.com/poweruptoday>
- (See next page for more resources.)



Pat Council – patcouncil.com **email:** patcouncil@patcouncil.com

Podcast – Designing Your Life Today - designingyourlifetoday.com

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