

Name \_\_\_\_\_ Date \_\_\_\_\_

## GOAL SETTING

**VISUALIZE** - Picture where you want to be, what you want in your life, or what your ideal self is. Take time to picture it in detail. How do you feel, look, and act?

**REVIEW & REFINE** - Does your goal excite and inspire you? How can you add detail and refinement so that you are passionate about achieving it?

**TURN UP THE VOLUME** - Does it feel like a challenge? How can you make it 25-30% more difficult?

**MY PLAN TO REVISIT & REFLECT** - How will you revisit these goals daily or at minimum weekly? What will you do to reflect on them and your progress? Write out a plan. Act on it.