

GOOD EXCUSE GOALS™

1. CHOOSE A GOAL

My Good Excuse Goal is to _____
My 30 Day Do It is to _____
It will require approx. _____ hours of me over the next 30 days.

2. CLARIFY YOUR WHY with the 8 Cylinders of Successful Goal Setting

1. This aligns with my beliefs/principles that

2. I'm integrating my passions into this by

3. I'm addressing their problem of/with

4. My success affects the following people

5. My goal positions me to be the best

_____ that I can be

6. Pioneers who I've seen do this before include

7. I picture myself _____

_____ as I achieve this goal.

8. Success makes it possible for me to

3. SET IT IN MOTION

PLAN TO CELEBRATE

My celebration is on ___/___/___ at ___ am/pm
at _____

SET IN MOTION

I will set it in motion by

I have "set the goal in motion" with 3+ people.

TIP THE BALANCE

If I don't complete my 30 Day Do It, I commit to

for the group.

DO WHATEVER IT TAKES

I will do whatever it takes to uphold my word.

My signature _____