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## **Goal**

Determine what type of goal this is. Goals have 5 different types. They are: Personal, Relational (Family and Friends), Spiritual (Faith), Physical (Fitness) and Financial. By determining what type of goal it is, you can better define the goal and identify methods for its attainment. Personal Goals are self-improvement goals. They are the atomic skills and talents that will help in every area of your life or many areas of your life. They are selfish. They are for you. Relational Goals are goals that will influence your relationships with friends and family. This includes the things that we want to accomplish with and for our loved ones. Spiritual Goals will release your spirit and the spirit of others. These goals set concrete activities that practice Faith and belief. Physical Goals focus on your body and how you can enjoy the experience of your physical self. Often physical development can serve as a strong metaphor for development in other areas. Financial Goals involve business and career objectives.

Answer Here

### **1. Desire**

You must really want the goal because of the tangible results and benefits that it is going to bring to your life. Remember the more personal reasons that you have to accomplish your goal the faster it will come into reality and the easier it will be to achieve.

Answer Here

### **2. Belief**

You must believe without a doubt that you can achieve the goal.

Answer Here

### **3. Write**

Write your goal in complete detail, exactly as you wish to have it.

Answer Here

#### **4. Benefit**

Determine how you will benefit from accomplishing your goal. Write out specific advantages and virtues.

Answer Here

#### **5. Analyze**

Determine your current state. Be honest and decide exactly where you are right now.

Answer Here

#### **6. Deadline**

Decide exactly when you are going to accomplish your goal.

Answer Here

#### **7. Obstacles**

Identify what you will have to overcome to achieve your goal. Write every obstacle down on paper clearly.

Answer Here

#### **8. Education**

Clearly write down what knowledge you will need to accomplish your goals.

Answer Here

#### **9. Identify**

Write down all the people, groups and organizations that can help you with your goal.

Answer Here

#### **10. Details**

Take the answers to steps 7, 8 and 9 and make a plan to accomplish your goal. Make it complete in every detail with all the activities you are going to have to engage in to accomplish your goal.

Answer Here

#### **11. Mental Image**

Get a clear mental image of your goal as already attained. Visualize that picture in your mind daily.

Answer Here

#### **12. Persistence**

Back your plan with determination, persistence and resolve to never give up. Your persistence is the direct measure of how much you believe in yourself and your ability to succeed.

Answer Here