

What do I want *most*? What's an ideal future that I passionately want to achieve for myself or my organization that's worth re-inventing not just my organization but my entire self?

What am I willing to commit to doing in order to achieve this incredible goal?

What am I NOT willing to commit to doing?

What will these seven significant life categories look like to me one year from today:

Family _____

Friends _____

Faith _____

Fitness _____

Financial _____

Function (work) _____

Fun _____

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Select the single most important goal from one of the seven categories of goals.

Write down the category and goal so I will know I have achieved it:

Describe my progress toward achieving my goal at each of these points in the coming year (What will have happened? What will I have accomplished? What will remain to be accomplished?):

March 31: _____

June 30: _____

September 30: _____

December 31: _____

Write down the impact of NOT achieving my goal: _____

Write down the impact of achieving my goal: _____

Write down how I will feel when I achieve my goal: _____

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