

Rules for Successful Goal Setting

- **Be specific**
 - **Write them down**
 - **Give a time frame**
 - **View them daily to get a clear picture**
 - **Set up accountability**
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- Start with understanding your long term personal goals that correlate with your dreams. In other words, what do you want to personally be like long term? This can be about character, spiritual, mental, health, or other. What is your dream picture of yourself? Write a description of what you want to personally be like on this line:

- Now meditate on what you will look like when you reach that goal. Get a clear picture of yourself in that outcome. Now, we will define the daily, short, and long-term goals that will be the stepping stones to becoming what you are seeing.
- To accomplish this, we will do three things; define the goal, define the result you want to achieve, and decide what steps need to be taken to achieve it. Then you will give each a timeframe to shoot for. You can repeat this process on additional paper as many times as you need. Remember, you are reaching your dream goals, one bite or step at a time. All you must do is to keep defining the next steps to reaching it, and soon, you will find yourself at the top!

Daily:

- Define the goal: _____
Timeframe: _____
- Define the result: _____
Timeframe: _____
- Define the steps: _____
Timeframe: _____



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Short:

- Define the goal: _____
Timeframe: _____
- Define the result: _____
Timeframe: _____
- Define the steps: _____
Timeframe: _____

Long:

- Define the goal: _____
Timeframe: _____
- Define the result: _____
Timeframe: _____
- Define the steps: _____
Timeframe: _____