

Goal Setting Blueprint

The 5 step formula and 6 skills required to create the plan that will accomplish your dreams

Self-assessment

Email 10 people that you trust and literally ask them to email you back with what they feel are your strengths in life.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Once they have replied, come back and write down the wonderful things that they said about you.

Once this is complete, email the same people and ask them to give you feedback on areas of life where you could improve. Once they have replied, come back and document their perspectives here.

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Write out the things you want to accomplish or the person you want to be in 20 years, then work backwards to make sure the years leading to this keep you pointed in the right direction.

20 Year Goals

By the time I am ____ years old I will have accomplished the following

10 Year Goals

... By the time I am ____ years old I will have accomplished the following

5 Year Goals

By the time I am ____ years old I will have accomplished the following

3 Year Goals

By the time I am ____ years old I will have accomplished the following

1 Year Goals

By the time I am ____ years old I will have accomplished the following
