

# Goals

---

*"If you don't know where you are going, you will probably end up somewhere else."* **Lawrence J. Pete**

This page is designed to get you expressing the goals you have a desire to achieve. When it comes to achieving our goals, focus on the process not the outcome. Enjoy the journey of personal growth.

The space is broken down into different sections. This can give you an idea of short, medium and long term goals. If a lifetime goal is to run a marathon, a 3-month goal could be to start your running journey.

Do not overthink this section. List as many goals as you would like in this space. Bullet points work just fine.

Once you have let your mind run free, **circle the four goals** that really stand out to you. These are your most important goals. The pages that follow will then help you to break these down.



# Goal Detail ---

Goal #1: 

---

MOTIVATION / *What are the key motivations for achieving this goal?*  

---

---

---

NEXT STEPS / *What actions do you have to take to reach your goal?*  

---

---

---

REWARD / *How will you celebrate this win?*  

---

---

Goal #2 

---

MOTIVATION / *What are the key motivations for achieving this goal?*  

---

---

---

NEXT STEPS / *What actions do you have to take to reach your goal?*  

---

---

---

REWARD / *How will you celebrate this win?*  

---

---

# Goal Detail ---

Goal #3: 

---

MOTIVATION / *What are the key motivations for achieving this goal?*

NEXT STEPS / *What actions do you have to take to reach your goal?*

REWARD / *How will you celebrate this win?*

Goal #4 

---

MOTIVATION / *What are the key motivations for achieving this goal?*

NEXT STEPS / *What actions do you have to take to reach your goal?*

REWARD / *How will you celebrate this win?*