



THE FOUR WORDS THAT WILL HELP YOU ACCOMPLISH ANY GOAL

1. Rank the four stages in your life.

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2. Which of those people are you?

Are you a dreamer?

Are you a perfectionist?

Are you a procrastinator?

Are you a hustler?

Which of those are you most likely to lean toward?

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DREAM THE SMART WAY & DITCH PERFECTIONISM

1. Make a mess.

I want you to spend 30 minutes, by yourself, and write down as many goals for this year as you can come up with. Want to spend more than 30 minutes? Awesome. There's no maximum to this homework, just a minimum.

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2. Draw a star on the line to indicate where you currently are with your goals.

BORING

OVERWHELMING



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DREAM THE SMART WAY & DITCH PERFECTIONISM

3. I am going to _____, because _____.

The because doesn't have to be elaborate or noble either. There are some goals I do simply because it will be fun.

I'm going to go ski in Utah with my friend Randy, because it's fun.

I'm going to read 60 books this year because it's fun.

4. I will _____ (number statement) by _____ (date statement).

What if you did a few of those this week? I think that would really help you ease into the plan stage.

Notes:

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STOP PROCRASTINATING & CHECK YOUR WORK

1. Brainstorm actions for one of your goals.

Just come up with a list of at least 5 things you can do to move your goal forward.
Why does this matter?

Because the longer your list, the faster the progress you'll make.

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2. Which type of review will help you the most?

- 1. Goals
- 2. Results
- 3. Time
- 4. Obstacles
- 5. Lessons

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STOP PROCRASTINATING & CHECK YOUR WORK

3. Which type of review will help your goals the most?

- 1. Daily
- 2. Weekly
- 3. Monthly
- 4. Quarterly
- 5. Annually

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Notes:

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