



# SET YOUR GOALS

**GOAL 1** \_\_\_\_\_  
\_\_\_\_\_

WILL THIS GOAL CHALLENGE ME?  YES  NO

CAN ANYONE ELSE IMPACT THIS GOAL?  YES  NO

CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?  YES  NO

RATE THE CHALLENGE OF THIS GOAL ON A SCALE OF 1-10, WITH "10" BEING THE HARDEST

1  2  3  4  5  6  7  8  9  10

LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE:

1. \_\_\_\_\_
2. \_\_\_\_\_

If you answered "no" to any of the questions, or your challenge was rated lower than a 5, try again with another, more difficult goal before repeating for the next two goals.

**GOAL 2** \_\_\_\_\_  
\_\_\_\_\_

WILL THIS GOAL CHALLENGE ME?  YES  NO

CAN ANYONE ELSE IMPACT THIS GOAL?  YES  NO

CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?  YES  NO

RATE THE CHALLENGE OF THIS GOAL ON A SCALE OF 1-10, WITH "10" BEING THE HARDEST

1  2  3  4  5  6  7  8  9  10

LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE:

1. \_\_\_\_\_
2. \_\_\_\_\_

**GOAL 3** \_\_\_\_\_  
\_\_\_\_\_

WILL THIS GOAL CHALLENGE ME?  YES  NO

CAN ANYONE ELSE IMPACT THIS GOAL?  YES  NO

CAN I KEEP MYSELF ACCOUNTABLE TO THIS GOAL?  YES  NO

RATE THE CHALLENGE OF THIS GOAL ON A SCALE OF 1-10, WITH "10" BEING THE HARDEST

1  2  3  4  5  6  7  8  9  10

LIST 2 WAYS YOU CAN KEEP YOURSELF ACCOUNTABLE:

1. \_\_\_\_\_
2. \_\_\_\_\_