

# GOALS

## Plan of Action Worksheet Instructions

The purpose of this exercise is to create a plan for how you want your life to look in each of the ten areas of your life.

If you don't know where you are going, then who will? You are the author of your life.

Remember, this is just a plan and can be changed at any time. As you take action to make things happen in your life, that very action will give you answers.

Along with your plan is the reason why. Having a list of "whys" for whatever it is you want to achieve can be the best thing you can do to keep on until you succeed.

- Why do you want to be fit?
- Why do you want more money?
- Why do you want that certification?

Knowing those answers and having enough whys for each areas of your life will make you unstoppable in taking action towards what you want to be, do and have.

That plan creates a track in your brain for what you want to happen in your life. When you set a goal for yourself, it is the Reticular Activating System (RAS) that will make you notice when something comes up in your environment that matches what you have planned, pictured and set up in your mind. Remember, the prepared mind recognizes opportunity. Set yourself up for success.

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Please feel free to provide feedback on this awareness exercise. Was it helpful to you? Your input is valued.

### DETAILS:

#### Goals Plan of Action Worksheet

#### Estimated time:

**Half Hour - Hour**

#### Intended for:

- Anyone who wants to get ahead in life by identifying what matters most and setting goals.

#### Upon completing this exercise:

You will have set up your mind to notice what is important and to recognize opportunity when it occurs.

You will be ready to start taking action to achieve what you desire and the more you focus on achieving what you want, the easier it will be to take action.

#### Materials required:

1. Goals Plan of Action Worksheet PDF
2. Printer.

#### Prerequisites:

Hopes and Dreams

# Goals

## Plan of Action Worksheet

#	Area of Life	Specific Goal and Action to Take	Date to Start
1	<b>Spiritual Mastery:</b>		
	Daily Ritual/Worship		
	Contemplation a.m./p.m.		
2	<b>Physical Mastery:</b>		
	Exercise __ Days a week		
	Eat Healthy 85% of time.		
3	<b>Mental Mastery:</b>		
	Learning and		
	Personal Growth		
4	<b>Emotional Mastery:</b>		
	Time Alone		
	Contemplation		
5	<b>Vocation/Work:</b>		
	Doing what you love		
	Entrepreneurial		
6	<b>Financial - A plan:</b>		
	Investment/Savings		
	Residual Income		
7	<b>Family-Social:</b>		
	Family Meetings		
	Support System		
8	<b>Leisure:</b>		
	Entertainment		
	Travel/Vacations		
9	<b>Life Management:</b>		
	Pay Bills/Pers. Bus.		
	Home/Yard Care		
10	<b>Contribution:</b>		
	Using My Talents		
	Other Volunteer Work		

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