



**SHARED** *Goals*  
CONSULTING

DUMP 50 WORKSHEET

# THE PROCESS

I generally take my goal group through this exercise the first time we meet each year. Get yourself into an enthusiastic, anticipatory state, kind of like being a kid on Christmas Eve.

Do a brain dump of at least **50 potential goals** that you would like to do, be or have.

Write them out as they ping your brain.

Let your mind explore **Faith, Finance/Career, Family, Fitness** and **Friend** goals. These are the biggies.

Keep going until you have dumped AT LEAST 50 on your page(s). Designate each goal with a 1,3,5,10 or L.

1 = 1 year goal

3 = 3 year goal

5 = 5 year goal

10 = 10 year goal

L = Lifelong goal

Focus on the one year goals and prioritize them, selecting the top 4 goals to accomplish this year.

Rewrite those four goals and add a specific due date.

Write out your "Why" for each of these four goals.

Start to develop the plan to achieve each of the four goals. It will include any obstacles that will need to be overcome, people with whom you will need to work, budget or resources needed for accomplishment, milestones along the way, etc.

Take action!

I personally write out my top 4 goals EVERY DAY. I spend time EVERY DAY visualizing or speaking out loud my top 4 goals. I also pray over them. I attempt to emotionalize them and feel the accomplishment in advance. For added accountability, share your goals with supportive people and check in with them.

As for the other 46+ goals, if they remain important, you can work them in as you have time. But if you **select 4 BIG goals every year, and focus on 1 of them** each quarter, you should be able to look back at the end of the year and feel great pride in your accomplishment.

## And Remember...

It's less about achieving the goal and more about who you become on the way to achieving the goal that counts!

Goals: What I want to do, be, or have	1,3,5,10, or L
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Goals: What I want to do, be, or have	1,3,5,10, or L
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Goals: What I want to do, be, or have

1,3,5,10, or L

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