



4 Powerful Goal Setting Techniques and Templates

100 Goals List

An exciting and inspiring exercise that lets you map out everything that is important to you. Often called a bucket list.

Page 2

Top 30 Goals

A list of goals organized by priority where each goal on the list acts like a stepping stone on the ladder to your # 1 life goal.

Page 3

The Next Exercise

Take your number 1 life goal from your Top 30 and begin to focus on every action you can take towards this goal.

Page 4

Goals By Category

Write specific and measurable goals for each category of your life. Do this daily until your goals have been reached.

Page 5

100 Goals Exercise

In the spaces provided below, enter in 100 life goals. For an example of how to do this exercise, please visit my 100 Goals blog post at: <http://www.igniteyouessence.com/justins-stuff/100->

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- 100 _____

TOP 30 Goals

It is time to think of your Top 30 Goals. You are not only going to set these goals but also rank them in order of importance. A1 is the highest, most important goal and C10 is the lowest of the 30. Follow the steps below.

STEP 1: Enter 30 Goals in any order. These are things that you want to Be, Do or Have

1	7	13	19	25
2	8	14	20	26
3	9	15	21	27
4	10	16	22	28
5	11	17	23	29
6	12	18	24	30

STEP 2: Take the goals from above and place 10 in each category. A being most important.

A _____

B _____

C _____

STEP 3: Take the goals from step 2 and rank them again. A1-A10, B1-B10, C1-C10

"A" Goals	"B" Goals	"C" Goals
A1:	B1:	C1:
A2:	B2:	C2:
A3:	B3:	C3:
A4:	B4:	C4:
A5:	B5:	C5:
A6:	B6:	C6:
A7:	B7:	C7:
A8:	B8:	C8:
A9:	B9:	C9:
A10:	B10:	C10:

**The
"Next" Exercise**

Take your A1 Goal from the previous exercise and write it out again in the space provided. Get together with a team and write down as many ideas as to how and why you CAN achieve this goal. If your mind starts thinking of reasons why you CAN'T achieve the goal, have everyone yell "NEXT"!

My A1 Goal: _____

REASONS WHY I CAN'T ACHIEVE THIS GOAL	REASONS HOW AND WHY I CAN ACHIEVE THIS GOAL
<p>N</p> <p>E</p> <p>X</p> <p>T</p>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>

Goals by Category

Print out 30 copies of this page. Every morning, write out your current goal for each major category of your life. Be specific, measurable and state WHY you want to achieve this!

Financial Goal: _____

Why: _____

Business Goal: _____

Why: _____

Family/Relationship Goal: _____

Why: _____

Health Goal: _____

Why: _____

Spiritual Goal: _____

Why: _____