

GOALS



SMART GOALS

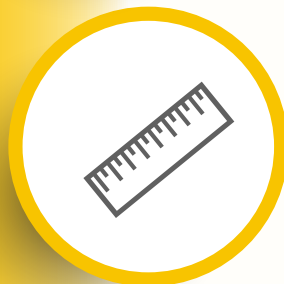
S



SPECIFIC

WHAT DO YOU WANT TO ACCOMPLISH?
WHO NEEDS TO BE INCLUDED? WHEN DO YOU
WANT TO DO THIS? WHY IS THIS A GOAL?

M



MEASURABLE

THE SUCCESS TOWARD MEETING THE GOAL
CAN BE MEASURED. ANSWERS THE QUESTION-
HOW? HOW WILL YOU KNOW IF YOU'VE
SUCCESSFULLY MET YOUR GOAL?

A



ACHIEVABLE

GOALS ARE REALISTIC AND CAN BE ACHIEVED
IN A SPECIFIC AMOUNT OF TIME AND ARE
REASONABLE. DO THEY HAVE THE SKILLS
REQUIRED TO ACHIEVE THE GOAL?

R



RELEVANT

THE GOALS ARE ALIGNED WITH CURRENT
OBJECTIVES THAT ARE ALIGNED IN A SPECIFIC
AREA; INCLUDE THE EXPECTED RESULT. WHY
AM I SETTING THIS GOAL NOW?

T



TIME-BOUND

GOALS HAVE A CLEARLY DEFINED TIME-FRAME
INCLUDING A TARGET OR DEADLINE DATE.
MAKE SURE THEY DON'T GO ON FOREVER.

SETTING AND ACHIEVING GOALS

1. Decide on a goal

- a) Be specific
- b) Be realistic
- c) Always write the goal down
- d) Never say, "I want to." Instead, say, "I will."

This psychology puts the goal in your mind as if its certain that it will happen

Example: *I will lose 10 pounds.*

2. Set a deadline for your goal

- a) Specific date or timeframe
- b) Break the goal down into smaller goals, preferably something realistic and manageable over a consistent period of time

Example: I will lose 10 pounds within 6 weeks.
1 pound= 3,500 calories so 10 pounds = 35,000 calories. 6 weeks = 42 days so I must burn or use up 833 calories/day for 6 weeks to lose 10 pounds.

3. Make your plan of action

- a) Create an overall action plan
- b) Break the action plan down into basic steps and a daily action plan

Example: *In order to do this I will run for 1.5 hours per day on the treadmill at a speed of 4.5 miles per hour for 6 weeks. I will also count my calories every day for 6 weeks to cut 200 calories daily from my normal diet.*

4. Find an accountability partner

- a) Tell everyone your goal
- b) Have a partner to hold you to your commitments and routine

Example: *Find an accountability partner to discuss the plan you have Just set and discuss daily.*

One of the most powerful books ever written on setting and achieving goals is **The Compound Effect** by Darren Hardy Get this book ASAP!

What are your goals for 2024?

"Dreams Don't Come True. Goals Do."



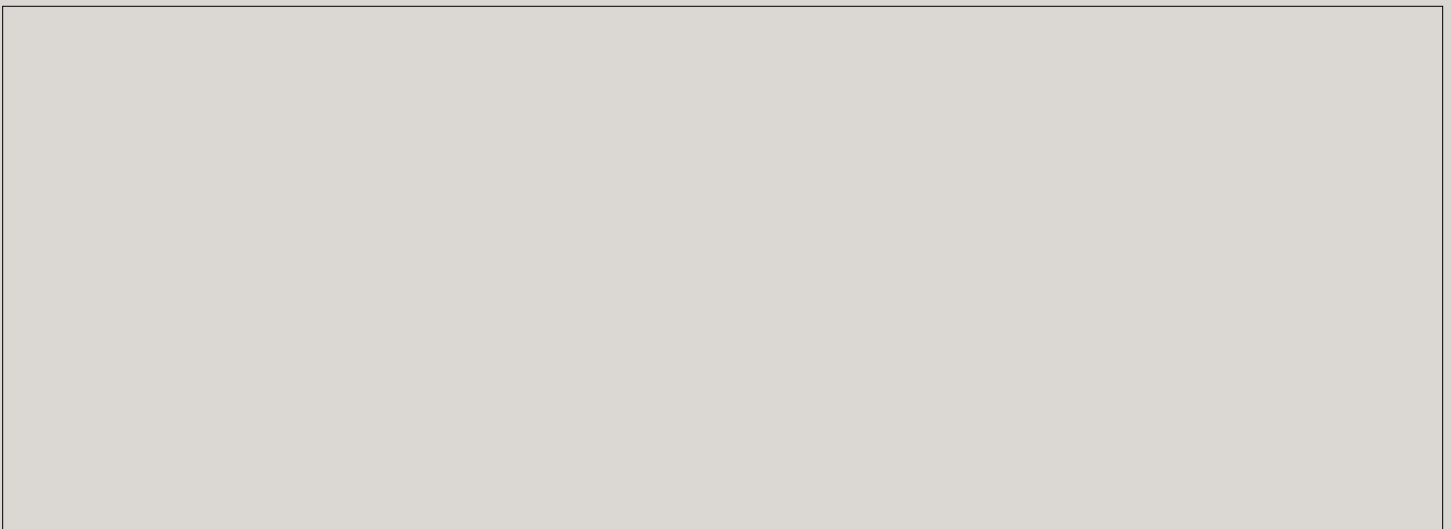
Business

Financial/Savings

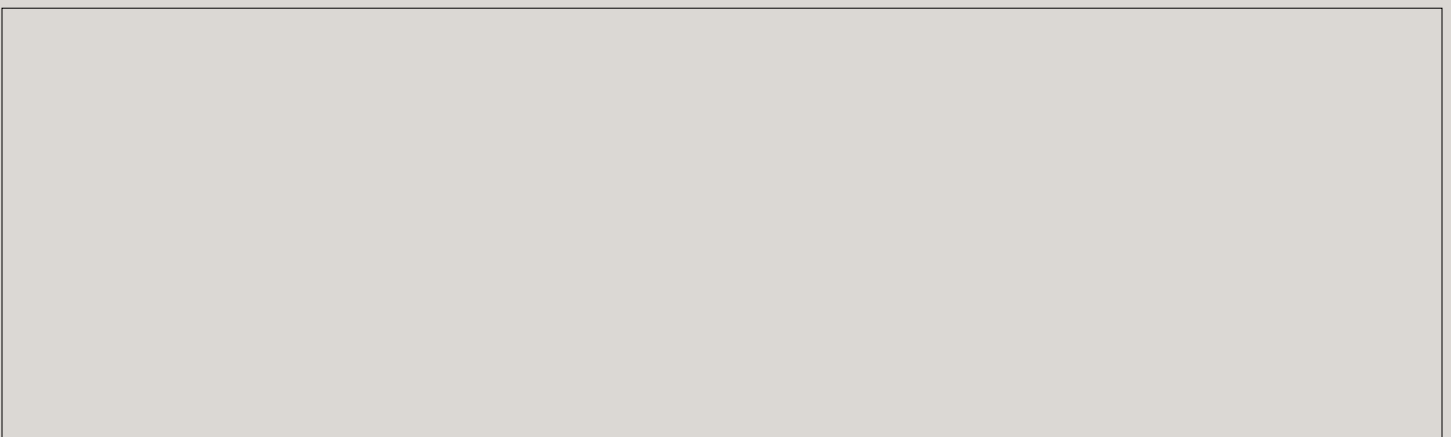
Personal / Family



Spiritual/Health



What are your absolute top priority goals for 2024 regardless of category?



PlanNet Marketing Goals

Get with your success coach and be specific, as it pertains to achieving goals with your PlanNet Marketing business. Remain focused on hitting these achievements as soon as possible.

	Target Date	Achievement Date
• Game Plan	_____	_____
• Make your list	_____	_____
• Schedule your zoom launch / travel party	_____	_____
• Attract your first business partner 	_____	_____
• Achieve Bronze Builder 	_____	_____
• Achieve Silver Builder 	_____	_____
• Gold builder / Gold Builder Plus (9 directs) 	_____	_____
• Twenty / Twenty (20/20 pin) 	_____	_____
• Produce 3 Goldbuilders 	_____	_____
• Directorship (Directors Pin / Star) 	_____	_____