<table>
<thead>
<tr>
<th><strong>1. FEEL MOTIVATED BY THE GOALS YOU SET</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>When you’re setting your goals for yourself, it is so important that they motivate you and keep you working towards what you want: this means making sure that they are important to you. Ask yourself if there is value in achieving them. Because if you have little to no interest in the outcome, then realistically the chances of you putting in the work to make them happen are slim. Motivation is the key to achieving your goals.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>2. WRITE YOUR GOALS DOWN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>The physical act of writing down a goal makes it real and tangible. This makes you more accountable for making them happen and committing to them. As you write, use the word “will” instead of “would like to” or “might.” Frame your goal statement positively. If you want to improve your retention rates say, “I will hold on to all existing employees for the next quarter” rather than “I will reduce employee turnover.” The first one is motivating; the second one still has a get-out</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>3. MAKE A PLAN</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>This step is often missed in the process of goal setting. You get so focused on the outcome that you forget to plan all of the steps that are needed along the way. By writing out the individual steps, and then crossing each one off as you complete it, you’ll realize that you are making progress towards your ultimate goal. This is especially important if your goal is big and demanding, or long-term. Read our article on Action Plans Add to My Personal Learning Plan for more on how to do this.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>4. MEET WITH FRIENDS OR MENTORS TO REVIEW YOUR PROGRESS</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Remember, goal setting is an ongoing activity not just a means to an end. Meet with your mentors or friends to keep yourself on track. Make regular meetings with them to review your goals. The action plan you set for yourself along the way can change significantly. Make sure the relevance, value, and necessity remain high.</td>
</tr>
</tbody>
</table>

www.EmbraceNewLife.com
## OBJECTIVES/GOALS/MILESTONES SET AT THE LAST MEETING

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1.</td>
<td></td>
<td>NO PROGRESS</td>
<td>MAKING PROGRESS</td>
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<tr>
<td>2.</td>
<td></td>
<td>NO PROGRESS</td>
<td>MAKING PROGRESS</td>
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<tr>
<td>3.</td>
<td></td>
<td>NO PROGRESS</td>
<td>MAKING PROGRESS</td>
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<tr>
<td>4.</td>
<td></td>
<td>NO PROGRESS</td>
<td>MAKING PROGRESS</td>
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<tr>
<td>5.</td>
<td></td>
<td>NO PROGRESS</td>
<td>MAKING PROGRESS</td>
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## THINGS I’VE IMPROVED ON:

<p>| |</p>
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<td>1.</td>
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<td>4.</td>
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<td>5.</td>
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</tbody>
</table>

## THINGS I’VE STRUGGLED WITH:

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<td>1.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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</table>
# Meet My Mentor Review Sheet

**DATE:**

<table>
<thead>
<tr>
<th><strong>NOTES FROM THE MEETING:</strong></th>
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<table>
<thead>
<tr>
<th><strong>DAILY HABITS THAT COULD HELP ME:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
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<td>2.</td>
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<td>3.</td>
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<td>4.</td>
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<td>5.</td>
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<thead>
<tr>
<th><strong>ACCOMPLISHMENTS:</strong></th>
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<tbody>
<tr>
<td>1.</td>
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</tbody>
</table>

*ENL TheraSpist / Life Coach*

*Still & Know Ps 46:10*
# Meet My Mentor

**Review Sheet**

**NEW OBJECTIVES/GOALS/MILESTONES:**

1. 
   **DATE TO ACHIEVE THIS BY:**

2. 
   **DATE TO ACHIEVE THIS BY:**

3. 
   **DATE TO ACHIEVE THIS BY:**

4. 
   **DATE TO ACHIEVE THIS BY:**

5. 
   **DATE TO ACHIEVE THIS BY:**

**POTENTIAL STRATEGIES:**

1. 

2. 

3. 

**OBSTACLES:**

```
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**OUR NEXT MEETING WILL BE:**

**DATE:**

**TIME:**

**PLACE:**
# Monthly Goals At a Glance

**DATE:**

---

## My Top 5 Goals to Achieve This Month:

<table>
<thead>
<tr>
<th></th>
<th></th>
<th>Goal Achieved?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
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<td>2</td>
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<td>5</td>
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</tbody>
</table>

**Date to Achieve This By:** / / 

**My Reward if I Achieve All 5**

---

## What I Need to Do:

1.                                           
2.                                           
3.                                           
4.                                           
5.                                           
6.                                           
7.                                           
8.                                           
9.                                           
10.                                          
11.                                          

## My Reward if I Achieve All 5

---

## Ideas to Help Achieve My Goals:

1.                                           
2.                                           
3.                                           
4.                                           
5.                                           

---

*still & know Ps 46:10*
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
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<tbody>
<tr>
<td>DATE:</td>
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**MONTH:**

**NOTES:**

Ps 46:10

still & know
# Weekly Goals

## At a Glance

**MY TOP 5 GOALS TO ACHIEVE THIS WEEK:**

1. 

**DATE TO ACHIEVE THIS BY:** / /  

**GOAL ACHIEVED:**

2. 

**DATE TO ACHIEVE THIS BY:** / /  

**GOAL ACHIEVED:**

3. 

**DATE TO ACHIEVE THIS BY:** / /  

**GOAL ACHIEVED:**

4. 

**DATE TO ACHIEVE THIS BY:** / /  

**GOAL ACHIEVED:**

5. 

**DATE TO ACHIEVE THIS BY:** / /  

**GOAL ACHIEVED:**

---

**WHAT I NEED TO DO:**

1. 

2. 

3. 

4. 

5. 

---

**IDEAS TO HELP ACHIEVE MY GOALS:**

1. 

2. 

3. 

---

**MY REWARD IF I ACHIEVE ALL 5**

---

**THE WEEK AHEAD**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
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<table>
<thead>
<tr>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>NOTES:</th>
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<tbody>
<tr>
<td></td>
<td></td>
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</tbody>
</table>
**Weekly Goal**

**Date:**

---

**My Top Goal to Achieve This Week:**

1. ............................................................................................................................

**Date to Achieve This By:** / /

**Why I Want to Achieve This Goal:** .................................................................................................

**How Will I Achieve This Goal:** .................................................................................................

---

**This Week I Will Not.....**

1. ............................................................................................................................
2. ............................................................................................................................
3. ............................................................................................................................
4. ............................................................................................................................
5. ............................................................................................................................

**Issue’s I Might Face:**

1. ............................................................................................................................
2. ............................................................................................................................
3. ............................................................................................................................
4. ............................................................................................................................
5. ............................................................................................................................

**My Reward If I Achieve My Goal:**

1. ............................................................................................................................
2. ............................................................................................................................
3. ............................................................................................................................
4. ............................................................................................................................
5. ............................................................................................................................

---

**Goal Achieved?:**

- [ ] No - Make a Priority for Next Week
- [ ] Yes - I Did It! Whoop!
- [ ] Time to Claim Reward

---

Still & Know Ps 46:10
MY TOP 5 GOALS TO ACHIEVE TODAY:

1.  
TIME TO ACHIEVE THIS BY:   
GOAL ACHIEVED! 

2.  
TIME TO ACHIEVE THIS BY:   
GOAL ACHIEVED! 

3.  
TIME TO ACHIEVE THIS BY:   
GOAL ACHIEVED! 

4.  
TIME TO ACHIEVE THIS BY:   
GOAL ACHIEVED! 

5.  
TIME TO ACHIEVE THIS BY:   
GOAL ACHIEVED! 

IDEAS TO HELP ACHIEVE MY GOALS:

1.  

2.  

3.  

4.  

5.  

to do list

1.  

2.  

3.  

4.  

5.  

6.  

7.  

8.  

9.  

10.  

MY REWARD IF I ACHIEVE ALL 5

1.  

2.  

3.  

4.  

5.  

IDEAS TO HELP ACHIEVE MY GOALS:
## MY CURRENT GOALS:

1. 
   - [ ] No Progress
   - [ ] Making Progress
   - [ ] Goal Met

2. 
   - [ ] No Progress
   - [ ] Making Progress
   - [ ] Goal Met

3. 
   - [ ] No Progress
   - [ ] Making Progress
   - [ ] Goal Met

4. 
   - [ ] No Progress
   - [ ] Making Progress
   - [ ] Goal Met

5. 
   - [ ] No Progress
   - [ ] Making Progress
   - [ ] Goal Met

## THINGS I’VE IMPROVED ON:

1. 
   - 

2. 
   - 

3. 
   - 

4. 
   - 

5. 
   - 

## THINGS I’VE STRUGGLED WITH:

1. 
   - 

2. 
   - 

3. 
   - 

4. 
   - 

5. 
   - 

---

DATE: 

---

Still & Know: Ps 46:10
**NEW GOALS:**

1. ...
   **DATE TO ACHIEVE THIS BY:** / /

2. ...
   **DATE TO ACHIEVE THIS BY:** / /

3. ...
   **DATE TO ACHIEVE THIS BY:** / /

4. ...
   **DATE TO ACHIEVE THIS BY:** / /

5. ...
   **DATE TO ACHIEVE THIS BY:** / /

**POTENTIAL STRATEGIES:**

1. ...

2. ...

3. ...

**OBSTACLES:**

- ...
- ...
- ...
- ...
- ...

**MY NEXT GOAL REVIEW WILL BE:**

**DATE:** / /  **TIME:** :

**PLACE:**...