

Goal: _____ **Target Date:** _____

Associated Spokes: _____

1. What are the benefits for achieving this goal?

List here all the tangible and intangible rewards you will enjoy from achievement of the goal. Include items such as the money you will earn, the possessions you will have, the sense of satisfaction it will bring, the respect you will gain from others, the self-confidence you will develop, and any other benefits that are important to you.

2. Is it worth the time, effort, and money required to accomplish this goal?

After you have examined and outlined the specific action steps, compare the total investment of time, effort, and money to the benefits you will receive from achieving the goals. Then, ask yourself this: "Do the benefits outweigh the cost?"

3. Will the time, effort, or money required to reach this goal conflict with other goals that may be of higher priority at this stage of my life?

If the answer is yes, you may have to go after this goal at a more appropriate time. When higher priorities have been satisfied come back and revisit the process. If the answer has become "yes", then proceed.

4. What are the attitudes needed to accomplish this goal?

Attitudes are an important ingredient to success. If we do not take the responsibility for our own emotions, then we may lack the maturity needed to bring our plans to completion.

5. What are the habits needed to accomplish this goal?

People are to habits, as machines are to momentum. Every qualification for success is required through habit. Once people form successful habits, those habits form successful people. If you do not deliberately form good habits, then you may unconsciously form ones that limit your progress and results.

6. What are the risks and back up plans to this goal?

Most fear is caused by the unknown. Understanding your risk and developing back up plans helps reduce the fear and anxiety that may keep us from taking effective action.

7. What needs to be organized to accomplish this goal?

Have your weapons prepared for battle. Organize your thoughts, your procedures, and all your tools necessary to break success barriers and achieve your goals.

8. Am I willing to make the necessary commitments needed to accomplish this goal?

Results take action and action takes commitment. The achievement of a goal takes one commitment after another, some large and some small. When the going gets tough, with commitment you find a way through, without it you look for a way out.