

Get goaling!



1. Know Yourself



2. Get started with key values



3. Know your mission



4. Generate Goal Ideas



5. Make goals SMART



6. Plan long and short range



7. Map out a route



8. Select specific action steps



9. Measure results



10. Anticipate obstacles



11. Set RPMs:
Rewards Provide Motivation



12. Set a target date



13. Fill 'er up with energy



14. Turn on Inspiration



15. Act-Get in Gear!



16. Monitor progress & adjust steering as needed