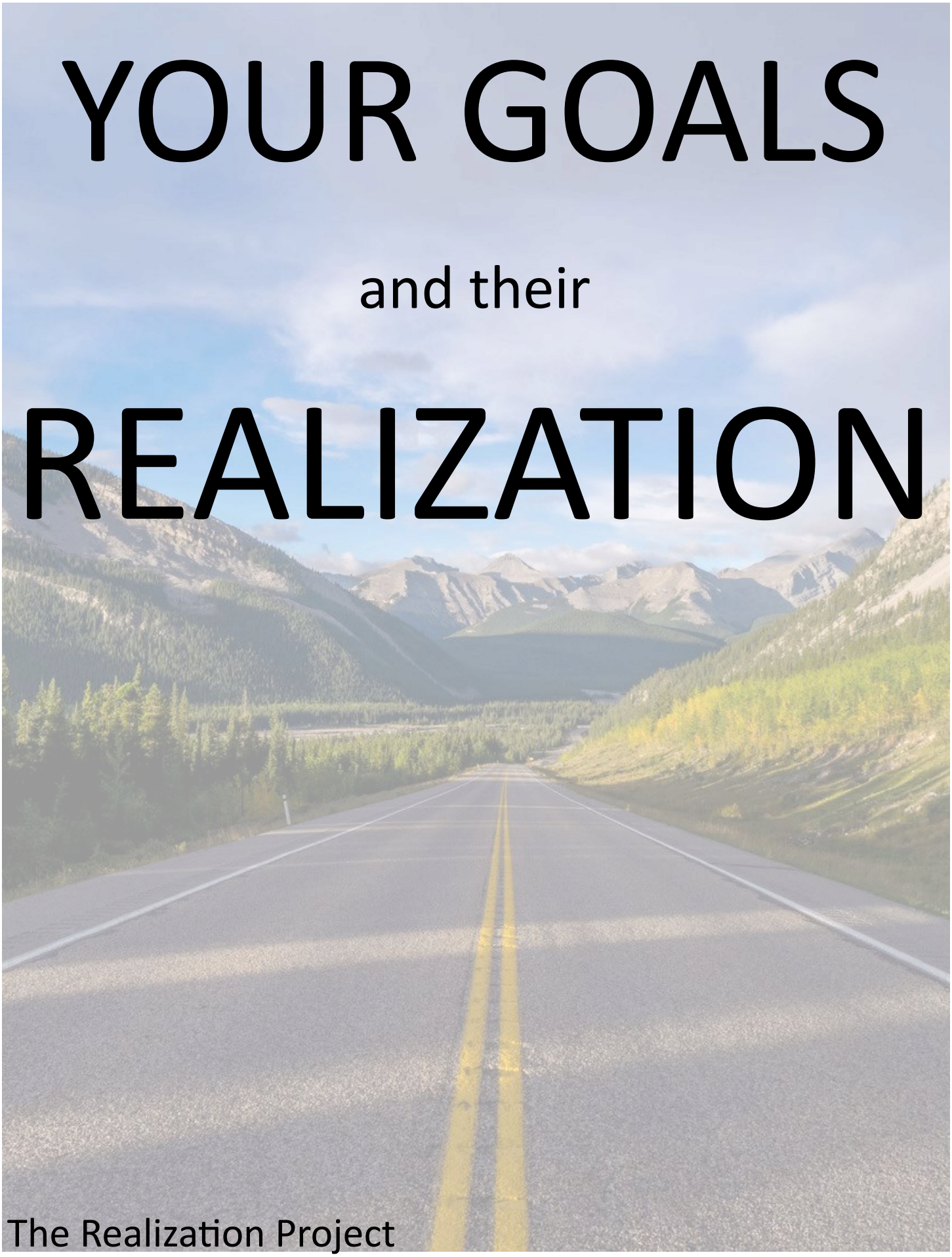
# YOUR GOALS

and their

# REALIZATION



The Realization Project

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What would you do if nothing was holding you back?

# About **GOALS**:

- Your goals are the **results you desire.**
- People who set goals **accomplish more**.
- Goals are achieved in small, **consistent** steps.
- Goals can be short term (less than 6 months); medium term (6months - 2 years); long term (2 years +)
- Setting goals and working toward them **improves**:
  - -Focus
  - -Time Management
  - -Persistence
  - -Creativity
  - -Teamwork
  - -Happiness

# SMART GOALS

**Goals give you direction, focus, and purpose. They also give you something to work toward.** ***Just make sure that your goals are SMART goals.***

## S Specific

Specific goals are well-defined and clear-cut. Instead of *"I want to do better in school,"* a more specific goal would be *"I want to earn a 3.0 GPA."*

## M Measurable

Measurable goals make it easier to know how successful you are. Instead of *"I will get in shape,"* a better goal would be, *"I will be able to walk a mile in less than 15 minutes."*

## A Achievable

Achievable goals set you up for success because they're goals you can realistically accomplish. Improving your math grade one letter is achievable. Raising a grade from a D to an A probably isn't.

## R Relevant

Setting relevant goals ensures that you're working toward goals that are worthwhile. For example, learning a new computer program is a more worthwhile goal than beating a video game score.

## T Time-bound

Time-bound goals have a definite time or date they are to be accomplished. *"Complete my science project by Friday"* is more motivating than *"Complete my science project."*

# The Realization Project's GOALS **PROCESS**

1. Decide what you want
2. Consider your current situation
3. Narrow it down to **3 goals**
4. Commit
5. Develop Your Plan
6. Work it every day
7. Repeat

# Step 1. DECIDE WHAT YOU WANT

- Start with a list of everything and anything you'd like to be, do, or have.
- This list can have dozens of entries…. 50 or more!
- Totally exhaust your dream list
- Even if it's only a faint notion or hunch, include it
- You never have to share this list with anyone

*I wanna run a marathon and run for Congress and get my kids back and give keynote speeches and start a Fortune 500 company, and live to be 100 and walk in space and write a bestseller and go skydiving and get straight As, and buy a house in Hawaii and get a blue checkmark on social media and find a spouse and live on my own and pay off all my debts and go to UCLA...*

*If you don't design your own life plan, chances are you'll fall into someone else's plan. And guess what they have planned for you? Not much.*

Jim Rohn

# Everything I think I want to do:

“Hold fast to dreams for if dreams die
life is a broken-winged bird that can not fly.

Hold fast to dreams for when dreams go
life is a barren field frozen with snow.”

Langston Hughes

## Step 2. CONSIDER YOUR CURRENT SITUATION

**2a.** Cross off any goals and dreams that are **illegal,** unless it is an unjust law.

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**2b.** Cross off goals that **would not serve** you or the people you care about.

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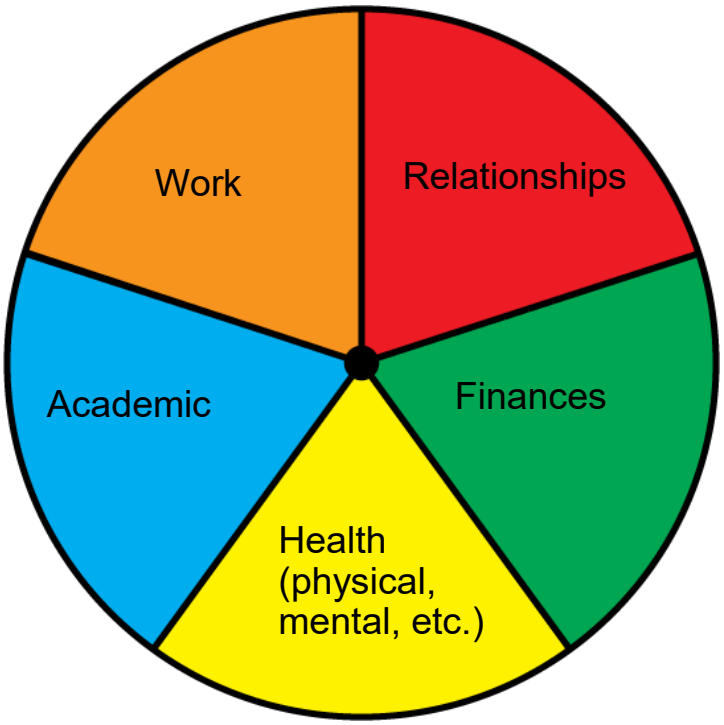
**2c. Honestly assess these 5 areas** of your life. Which area needs the most work right now? How are they all working together?

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**2d.** Write any relevant thoughts or notes below:

## Step 3. NARROW IT DOWN TO 3 GOALS

This is only the beginning. With practice and confidence, you will learn to manage many large goals at once. For the Realization Project:

- Make at least one goal **WORK** related
- Make at least one goal **FINANCIAL**

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*GOAL 1:*

*GOAL 2:*

*GOAL 3:*

# Step 4: COMMIT

**Complete the checklist below.**

□ Can you change?

□ Can you see yourself crossing the finish line?

□ Are you willing to put in the daily work?

□ Are you ready to fight the resistance and **make no excuses**?

□ Is this what you really want?

Sleep on it if you must, because once you truly commit, things will start to happen….

□ **Ready?**

**I, _____, commit.**

# An answer for every excuse...

Old excuse: It will be difficult.

***New answer: I have the ability to accomplish any task I set my mind to with ease and comfort.***

Old excuse: It's going to be risky.

***New answer: Being myself involves no risks. It is my ultimate truth, and I live it fearlessly.***

Old excuse: It takes too long.

***New answer: I have patience when it comes to fulfilling my destiny.***

Old excuse: There will be family drama.

***New answer: I would rather be loathed for who I am than loved for who I am not.***

Old excuse: I don't deserve it.

***New answer: I am worthy. I deserve the life I desire.***

Old excuse: It's not my nature.

***New answer: My essential nature is good, and I can learn new things.***

Old excuse: I can't afford it.

***New answer: This is a big, abundant world, and I am a part of it.***

Old excuse: No one will help me.

***New answer:  The right circumstances and the right people are already here and will show up on time.***

Old excuse: It has never happened before.

***New answer: I am willing to experience all that I desire, beginning here and now.***

Old excuse: I'm not strong enough.

***New answer: I have the heart, and I'm getting stronger every day.***

Old excuse: I'm not smart enough.

***New answer: I am a genius in my own right.***

Old excuse: I'm too old (or not old enough).

***New answer: The age of my body has no bearing on what I do or who I am.***

Old excuse: The rules won't let me.

***New answer: I live my life according to the Truth.***

Old excuse: It's too big.

***New answer: I think only about what I can do now. By thinking small, I accomplish great things.***

Old excuse: I don't have the energy.

***New answer: I feel passionately about my life, and this passion fills me with excitement and energy.***

Old excuse: It's not my personal family history.

***New answer: I live in the present moment by being grateful for all of my life experiences as a child.***

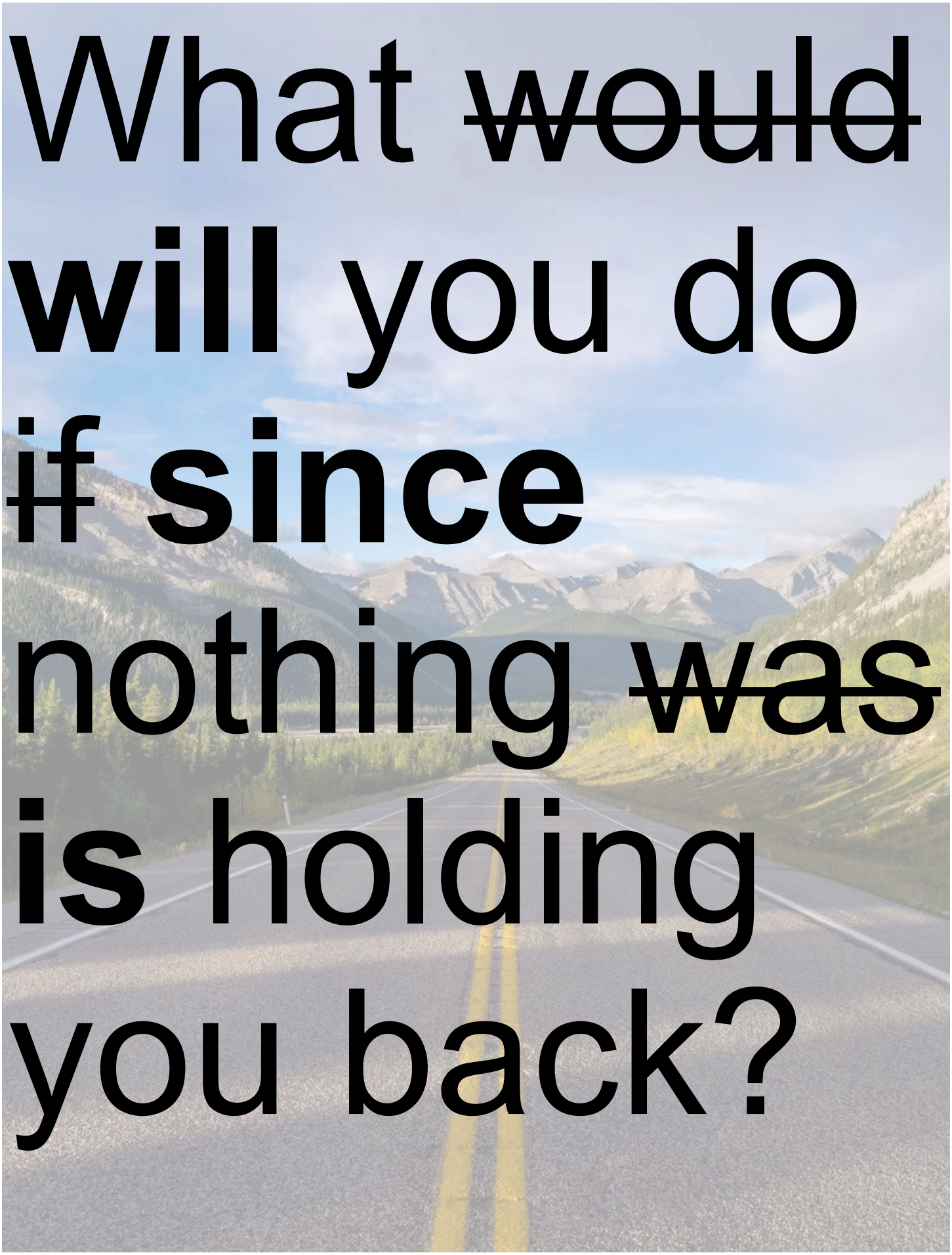
Old excuse: I'm too busy.

***New answer: As I unclutter my life, I free myself to answer the callings of my soul.***

Old excuse: I'm too scared.

***New answer: I can accomplish anything I put my mind to, and I have help.***

Adopted from "Excuses Begone" by Wayne Dyer


What ~~would~~ **will** you do ~~if~~ **since** nothing ~~was~~ **is** holding you back?

## Step 5. DEVELOP YOUR PLAN

Complete the following:

## Goal 1: _____

Who will benefit from me reaching this goal:

_____
_____
_____

What I have to learn or do to reach this goal:

_____
_____
_____

What obstacles are in my way right now:

_____
_____
_____

Whose help I will need in reaching this goal:

_____
_____
_____

Plan for reaching this goal (write it out, tell it like a story):

_____
_____
_____
_____
_____
_____
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## Step 5. DEVELOP YOUR PLAN

Complete the following:

## GOAL 2: _____

Who will benefit from me reaching this goal:

_____

_____

_____

What I have to learn or do to reach this goal:

_____

_____

_____

What obstacles are in my way right now:

_____

_____

_____

Whose help I will need in reaching this goal:

_____

_____

_____

Plan for reaching this goal (write it out, tell it like a story):

_____

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## Step 5. DEVELOP YOUR PLAN

Complete the following:

## GOAL 3: _____

Who will benefit from me reaching this goal:

_____
_____
_____

What I have to learn or do to reach this goal:

_____
_____
_____

What obstacles are in my way right now:

_____
_____
_____

Whose help I will need in reaching this goal:

_____
_____
_____

Plan for reaching this goal (write it out, tell it like a story):

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# Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 1**

Goal 1:_____

Steps I took today to achieve Goal 1:

_____

_____

_____

Is this enough? **Yes** **No**

Goal 2:_____

Steps I took today to achieve Goal 1:

_____

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Is this enough? **Yes** **No**

Goal 3:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

**Use this space to record highlights, what did or did not work, lessons learned, or any other notes:**

# Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 2**

Goal 1:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 2:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 3:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

**Use this space to record highlights, what did or did not work, lessons learned, or any other notes:**

# Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 3**

Goal 1:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 2:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 3:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

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# Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 4**

Goal 1:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 2:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

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# Step 6. WORK IT EVERY DAY FOR 4 WEEKS

Take a few moments with your goals each day. If you did nothing, write NOTHIG.

**Week 1 / Day 5**

Goal 1:_____

Steps I took today to achieve Goal 1:

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Is this enough? **Yes** **No**

Goal 2:_____

Steps I took today to achieve Goal 1:

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Goal 3:_____

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