

Goals and Motivation: Revisited

The Realization Project
May 3, 2021

Goal = Dream + Deadline



“My goal is to have abs.” This is technically an outcome, not a goal

“My goal is to be able to complete an advanced ab workout by July 4th, 2021.”

Zig Ziglar - "Prime the Pump"



Zig Ziglar - "Lack of Time is Not Your Problem"



Goal Setting Process

1. Write down all you want to be, do, or have
2. Answer “why” you want to do each in one sentence
3. Identify all the obstacles standing between you and the goal
4. List the people you’ll need to work with to achieve it
5. Identify what you’ll need to know to get there
6. Devise a specific gameplan to get there
7. Put a deadline on it



Goal Achievement Process

1. Focus on what you have to do
2. Make a list of what needs to be done
3. Prioritize the list
4. Go after it with enthusiasm
5. Accept responsibility
6. Commit
7. Become a team player





**"I HAD 7 BUCKS
IN MY POCKET. I WAS
BROKE. I WAS
CRUSHED."**

