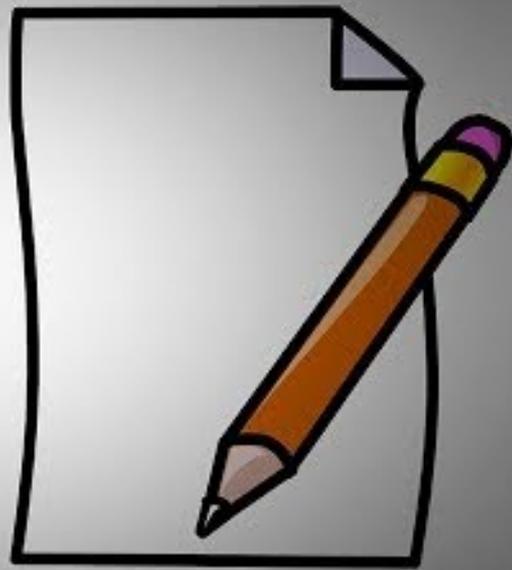
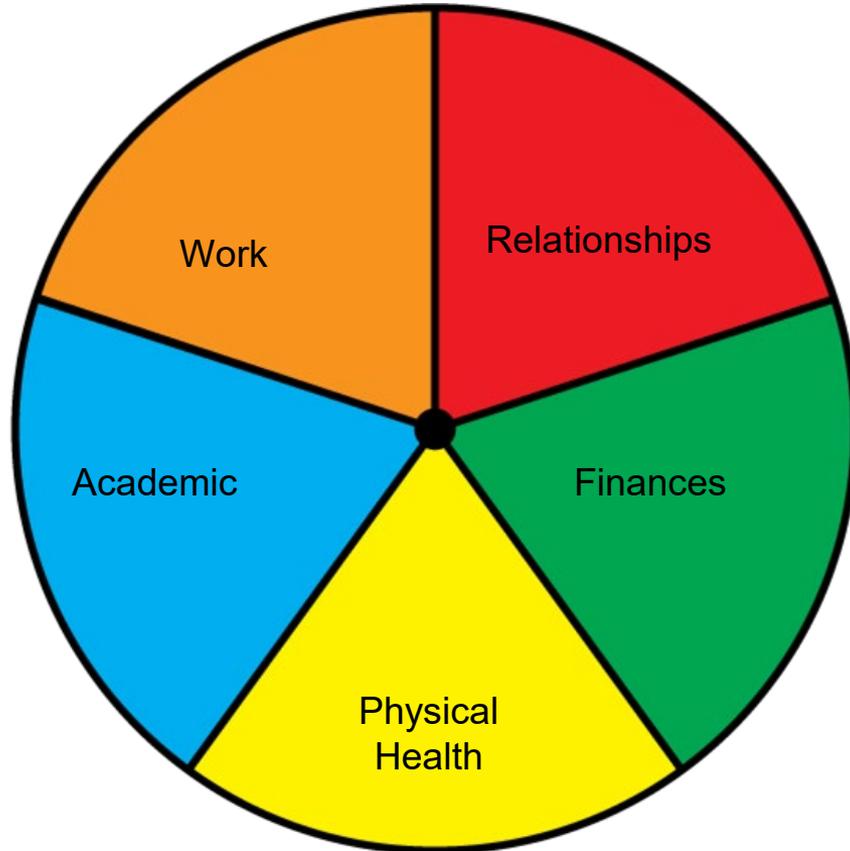


HOW TO CREATE SMART GOALS



The Wheel of Life



Most of our goals fit into one of these categories.



*“My goal is to have abs.” **vs.***

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

The REALIZATION Project: Your GOALS

Monday, December 14, 2020



Onward and Upward

What would you do tomorrow if nothing (finances, covid, kids, health, etc) was holding you back?



GOALS

- ★ Great things do not happen by accident
- ★ Requires small, consistent steps
- ★ Group cooperation helps
- ★ Using a goals process = Accomplishing more
- ★ Goals enhance your: focus, time management, effort, persistence, creativity, teamwork, strategic thinking....



Specific

S
G

What do you want to do?

Measurable

M
O

How will you know when you've reached it?

Achievable

A
A

Is it in your power to accomplish it?

Realistic

R
L

Can you realistically achieve it?

Timely

T
S

When exactly do you want to accomplish it?

Our 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. Attack it everyday for 12 weeks



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
- You never have to share this list with anyone
- Totally exhaust your dream list
- Even if it's only a faint notion or hunch, include it



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...

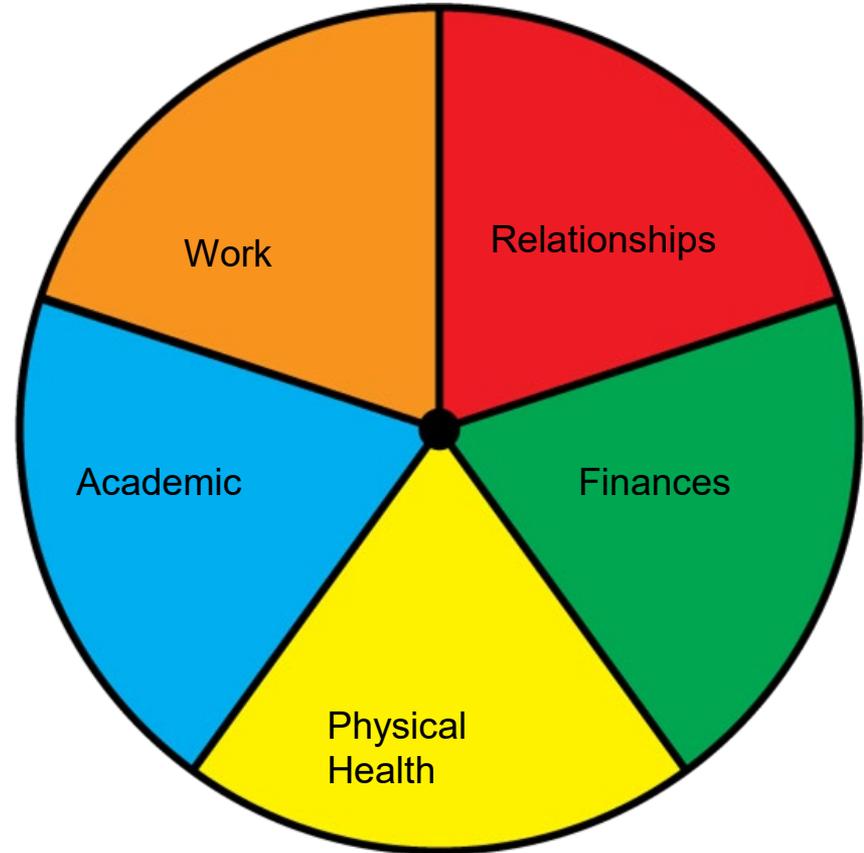
2. Consider Current Situation

-Cross off goals and dreams that are **illegal** or defy the laws of physics.

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

-Get realistic about **harmony in the 5 areas**

-**Do not cross off goals** and dreams just because they are very difficult



3. Narrow it down to 3 goals



- At least 1 work or finance related
- At least 1 medium to long term
(requires more than 3 months to achieve)

4. COMMIT

- Can you change?
- Are these goals worth reorganizing your life for?
- Are you ready to write and work towards this basically every day?
- 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....



resolve

5. Develop Your Plan

Complete the following for each of your 3 goals:

- Goal:
- Benefits from reaching this goal:
- Skills or knowledge required to reach this goal:
- Major obstacles to reaching this goal:
- People/groups needed to help me reach this goal:
- Plan for reaching this goal (write it out, tell it like a story):

When you understand your *what* and your *why*, your *how* becomes clear.

Attack it every day for 12 weeks

Each day for each goal, take a few minutes to record the following:

Goal 1: _____

-Steps I took today to
achieve Goal 1:

Is this enough? (Y/N)

Goal 2: _____

-Steps I took today to
achieve Goal 2:

Is this enough? (Y/N)

Goal 3: _____

-Steps I took today to
achieve Goal :

Is this enough? (Y/N)

Each week, review:

- Highlights from last week:
- What got in the way/what didn't work:
- What I learned from what didn't work:

The Realization Project Workplan

		Jan Joe	December 2020		
<i>For ex. Become a firefighter in the City of Long Beach</i>	1. <i>For ex. Enroll in LBCC's Fire Science Program starting in Spring 2021</i>				
	2.				
	3.				
	1.				
	2.				
	3.				
	1.				
	2.				
	3.				
<i>For ex. schedule a meeting with Fire Science counselor</i>					
<i>For ex. identify a math tutor</i>					

10 Jack Commandments

- I. Arrive early
- II. Think big
- III. Keep learning
- IV. Write down your goals
- V. Speak the truth in love
- VI. Live within your means
- VII. Work hard
- VIII. Keep your word
- IX. Make no excuses
- X. Celebrate others' wins



Training Curriculum

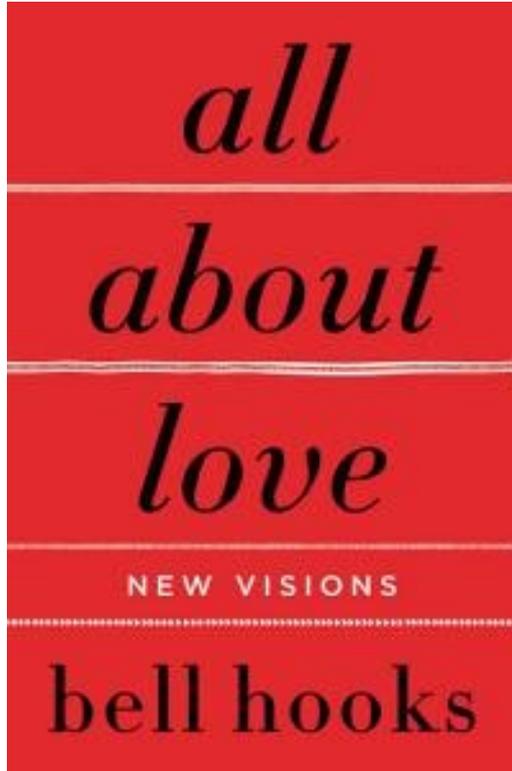
Mondays at 5pm

Saturdays at 9am starting January 11

Topics include:

- Self-Esteem
- Contextualization
- The Construction Industry
- Health Care Employment
- Government Employment
- Self-Employment
- Public Speaking
- Budgeting
- Physical Fitness

Building Your Library



- Full pdf available for FREE in <Realization Project Library> file.
- Book price is reimbursable

