

SHORTCUT

TO BREAKTHROUGH GOAL-SETTING ©

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I want to welcome you to the process of goal-setting. It is one of my favorite topics to teach and one of my favorite personal and professional growth habits implemented. I pray my experience and expertise as a business/life coach, mentor and teacher blesses you at THIS season of your journey!

1. Schedule a 3-4 hour appointment with yourself if you have the BREAKTHROUGH Goal setting workbook

Complete Section 1 and 2. If you are working from the 'shortcut', set 1.5 hours.

2. Set the stage!

- Get out of your familiar environment and in an inspirational one
- Eliminate common distractions
- Set music (classical or non interruptive) or ear phones for quiet



SECTION 1: EXPLORE

What would make _____ (year) the BEST year ever? (dream and wish list)
Write 5-10 things off the top of your head

What is one dream or unfulfilled idea/goal/desire that keeps coming back?

What is one goal that keeps eluding me?

SECTION 1: EXPLORE

ON a scale from 1-10 (1 = low and 10 MEGA important) what is that goal?

What are 1-3 thing(s) that I truly want to accomplish this year?

What would that mean to me for each of them?

Who else would that impact? How?

SECTION 1: EXPLORE

Where do I feel most conflicted?

What is the root of that conflict?

What do I think the solution is?

What excuses have I made that I know are bogus?

What keeps me from following through on goals I have set?

What are my major distractions?

SECTION 1: EXPLORE

CONSIDER THE FOLLOWING GOAL CATEGORIES and write '1' desire for each

SPIRITUAL-

PHYSICAL/HEALTH-

EDUCATIONAL-

BUSINESS /CAREER/LEADERSHIP-

FAMILY-

PERSONAL/SOCIAL/HOBBY-

FINANCIAL

SECTION 2: NARROW

Choose the top 3 goal categories I want to focus on THIS YEAR:

- 1.
- 2.
- 3.

Rank them

- 1.
- 2.
- 3.

Which one means the most to me?

What about it is the most meaningful?

What other benefits would come to me, my family and friends by accomplishing?

What needs to change in order for me to NAIL that goal this year?

SECTION 2: NARROW

IF I had to come up with 3 habits and 3 daily key behaviors to support the success of that '1' goal accomplishment, what might they be?

HABITS

1.

2.

3.

KEY BEHAVIORS or CHARACTER trait development

1.

2.

3.

SECTION 2: NARROW

What is one habit or pattern I have repeatedly set to change/improve, then justified it, ignored it—only to have it come back and SCREAM at me again?



Am I willing to beat this 'thing'?



Who will I tell?



How will I connect?



What will accountability look like for me on this?

SECTION 3: PRIORITIZE

How am I currently wasting time? (Habits, other commitments, no brainer choices)

What are some ideas to capture more of that available time?

What do I need to get off my plate?

How can I do that?

When will I do that?

SECTION 3: PRIORITIZE

What are some known 'interrupters' of my focus?

Where did I lose focus last year?

In the past, how have I responded to surprise or unwanted circumstances?

How can I respond differently?

What is my go-to when I get overwhelmed or discouraged?

SECTION 3: PRIORITIZE

How can I grow my 'grit'?

What would be a clue I'm entering a situation where I normally get derailed or bail on focus?

What is my personal Growth Plan for this year (books, pod casts, mentors, counsel, seminars, workshops?) {Check into the EVENTS page of www.pamelashaw.pink for BREAKTHROUGH ACADEMY DATES!}

To whom am I accountable?

Is he/she an honest accountability partner? (P.S. If they don't call you out or hold you to your word, the answer is 'no')

SECTION 3: PRIORITIZE

OF all the things I want to happen, what is my ONE THING?

On a scale of 1-10, how much do I believe in myself to STAY the course and see this through?

What is an old limiting belief I must combat in order to walk in CONFIDENCE?

What is the truth about that belief?

How am I like 'others' who have accomplished similar goals?

How do my strengths, experiences or talents set me up to win this time?

SECTION 3: PRIORITIZE

What have I learned from MISSING the goal?

What will I do to remind myself of my ability and the likelihood of success?

What is the affirmation to reinforce the new belief?



The work in this document is preparation for a LIVE FACEBOOK on Pamela Waldrop Shaw's facebook page Dec. 26, 2018.

If you miss the live, this will stay on her wall and will be posted on www.pamelashaw.pink, and on  **YouTube Channel** (DESIGN YOUR LIFE).

FOR MORE comprehensive GOAL SETTING, see
BREAKTHROUGH GOAL SETTING WORKBOOK!

For greater DAY to day HABIT and KEY BEHAVIOR formation as you live your life, grow your business and master key behaviors, see the 90 Day Planner!

For a quiet time tool to JOURNAL, see Prayer Journal

This shortcut worksheet is an abbreviated combination from all DESIGN YOUR LIFE tools -- the © 90-Day Planner, © BREAKTHROUGH Goal Setting Workbook, and © Prayer Journal. Full versions of each tool can be found on www.pamelashaw.pink under SHOP. Enjoy free tutorial videos under LEARN.