# 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.

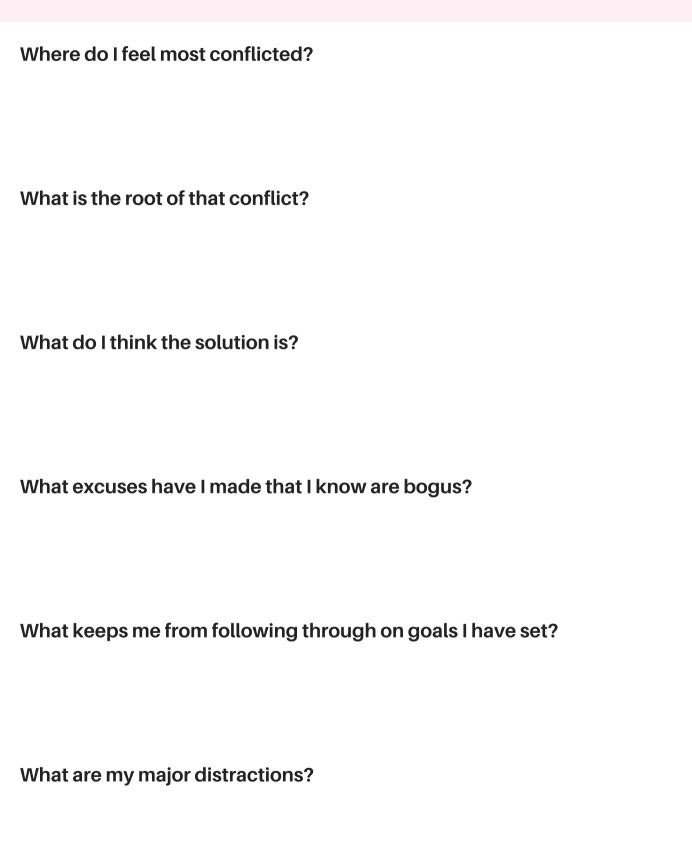
#### 2. Set the stage!

- · 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



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?

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?



# 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?

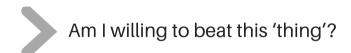
# **HABITS** 1 2. 3. **KEY BEHAVIORS or CHARACTER trait development** 1.

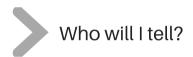
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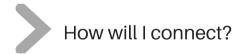
2.

#### **SECTION 2: NARROW**

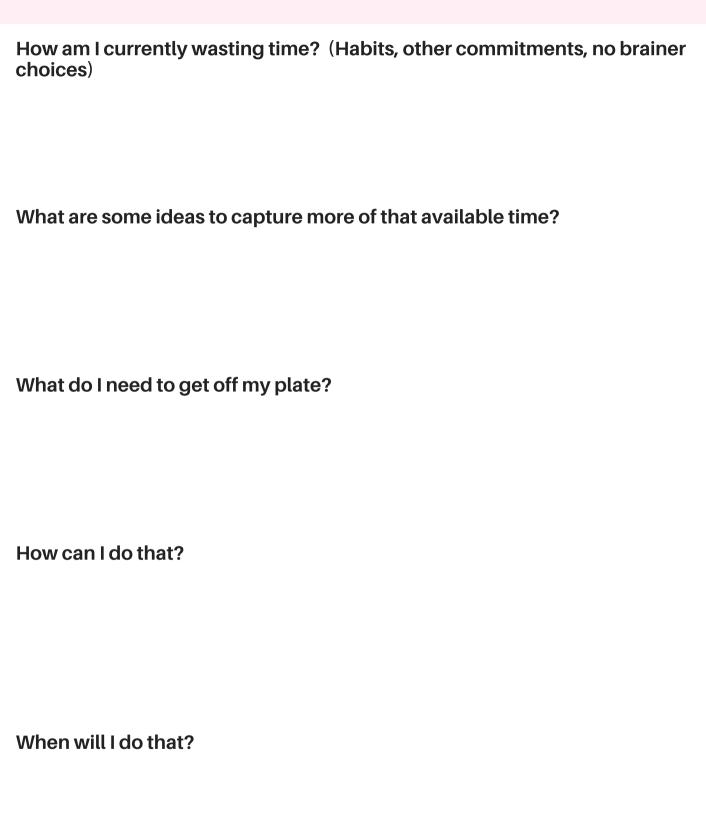
What is one habit or pattern I have repeatedly set to change/improve, then justified it, ignored it—only to have it come back and SCREAM at me again?







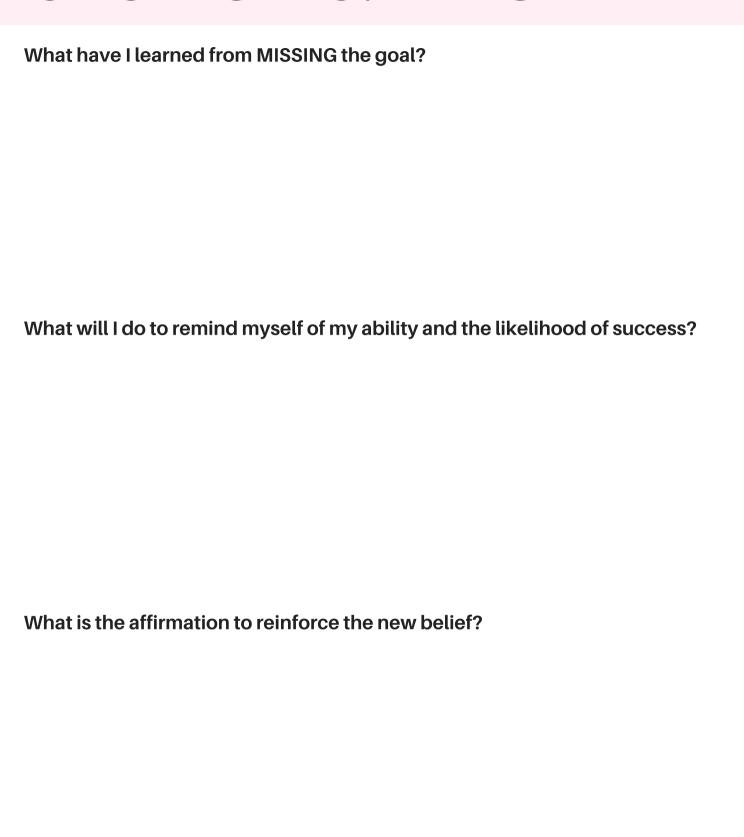
What will accountability look like for me on this?



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?

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 accountablility partner? (P.S. If they don't call you out or hold you to your word, the answer is 'no')

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?





This document is a fit for FACEBOOK LIVE Breakthrough Goal Setting Dec. 26th. It is in lieu of the more thorough BREAKTHROUGH GOAL SETTING WORKBOOK (recommended). IF you missed the LIVE, you can find it on Pamela Waldrop Shaw facebook home page, on www.pamelashaw.pink/LEARN and on her YouTube Channels (Pamela Shaw or search Design Your Life Pamela Shaw)

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 trom 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.