



GET CLEAR ON YOUR BUSINESS DIRECTION

THE ULTIMATE GOAL SETTING CHECKLIST

TURN YOUR DREAMS INTO REALITY

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ULTIMATE GOAL SETTING CHECKLIST



Goals are one of the most powerful tools in personal development. No matter what change you want to accomplish in your life, you will stand a much greater chance of success if you take the time to set some effective goals.

Goal setting is a means of turning your dreams into reality, by encouraging you to break down your dream into smaller steps, and allowing you to plan how to complete those smaller steps. The completion of each planned step will lead you closer to achieving your dreams.

A goal setting checklist will help you to do this.

When you start setting goals and living a life of purpose, you end up maximising your potential and living life on your terms. Without goals, we tend to simply do things that are easy, safe and within our comfort zones, this ends up in us not living to our full potential.

So let's get started, follow steps 1 – 11 and you will be a lot closer to achieving your goals.

To your success...

Jo X.

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**ULTIMATE GOAL
SETTING CHECKLIST**

 **CONSISTENCY WITH
YOUR VALUES**

When you develop a clear vision for life, you identify the values that are most important to you.

- > **Your goals must be consistent with these values.**

 **SERVE YOUR PURPOSE**

When you have a clear vision for your life, you have a sense of purpose, a sense of how you would like to serve the world.

- > **Effective goals enable you to fulfil this purpose.**

 **CHALLENGING**

Effective goals are worthwhile objectives, which brings real benefits and require a degree of personal growth to achieve them.

- > **Effective goals assist your growth in becoming a better person today than you were yesterday.**

 **SUPPORT A BALANCED
LIFE**

A happy and fulfilled life requires growth in each area of life ie career, finance, health, relationships. The areas of life can support each other or hinder each other eg if you neglect your health, your performance levels will drop across your whole life.

- > **But if you improve your health, you will see huge improvements across your whole life.**

 **ALTRUISTIC
CONTRIBUTION**

When we strive to make the world a better place, we either benefit directly or indirectly.

- > **Effective goals should include ways to help those less fortunate than us or contribute to worthwhile causes that lack adequate funding.**

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 SPECIFY

If you want to achieve an objective, you must first be crystal clear about that objective. Specificity is the difference between a wish and a goal.

> **The more specific you are, the more likely you are to achieve it.**

 MEASURABLE

How do you know if you have achieved a goal or have made progress towards achieving it? You measure it. When you determine a specific goal, you must first determine how you are going to measure your progress.

> **Once a goal is measurable, there are no excuses, either you are doing it or not. Effective goals are always measurable.**

 FLEXIBLE

There may be time you need to make adjustments to your schedule. There may be good reasons – illness, new opportunities, important events etc. In these circumstances your goal needs to be flexible enough to allow you to adapt to the circumstances.

> **This doesn't mean you can change or postpone your goals for any old reason. There must always be a very good reason, and where possible, the affected goal/s should be rescheduled immediately.**

 TIME BOUND

Simply put – if it doesn't have a scheduled date for completion, it's not a goal, it is a dream.

> **Time-bound goals help provide a sense of urgency to the goal, a sense that it is important and needs to be completed.**

 REALISTIC

Goals need to be challenging and require personal growth. To do this, the goal must currently lie outside of your reach. However, it must still be realistically achievable.

> **Goals which are only achievable in the long term are best broken down into smaller goals which can be used along the way.**

 SUPPORT BY OTHERS

When you have set big goals you may want to share them with others for encouragement, motivation or support. Effective goals harness the talents of others to help you achieve your objectives.

Refer to the quote “You are the sum of the 5 closest people around you”, surround yourself with people who shape your success. Seek out those that not only support you but challenge you.

> **By working with others, you create a synergy which propels you further along the road towards achieving your goals.**

Do you identify with the points above? Turning your dreams into goals and those goals into reality isn't something you need to tackle alone. Get some support, and watch your reenergised business thrive, and live the entrepreneurial life of your dreams.



To get you started, I'd love to offer you a 30 min Business Strategy Session worth \$197, completely free of charge as a thank you for downloading my white paper.

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