



# My 2009 Goals

Name: \_\_\_\_\_

Today's Date: \_\_\_\_\_

## Get Ready!

### 1. What do you WANT in life, but don't have?

These are things that make you happy on a deeper level, not just give you pleasure or make you feel better in the short-term.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 2. What do you HAVE in life, but don't want?

These are the things that; cloud your mind, take up time, aren't supporting you or perhaps add stress without a sense of reward.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### 3. What's most important to you in life? My Top 3 Priorities are:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

### 4. Where do you want to be in 10 years?

It's 2019. Think about the big picture - where you want to be, ideally. Be realistic but also get inspired, think POSSIBILITY not probability. Take a moment to really visualize this, what will your life (personally and professionally) look like, feel like, what might you be hearing?

\_\_\_\_\_  
\_\_\_\_\_

## Set your Goals!

### 5. Identify your Top 3 goals for 2009

5a. If you did nothing else, what 3 things would make 2009 a SUCCESS for you? What would you be disappointed you DIDN'T achieve in 2009? Be SPECIFIC!	5b. Why bother? What outcome are you looking for? WHY do you want this goal? What are the BENEFITS to you?	5c. WHEN will you achieve it by? A date to aim for & inspire you, not beat yourself up with	5d. HOW will you know you've achieved your goal? What and how can you measure it?
1. _____ _____		...../...../2009	
2. _____ _____		...../...../2009	
3. _____ _____		...../...../2009	



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## Start Your Engines!

### 6. What ONE thing will I do for EACH goal in the next month?

Write out just ONE action that you will complete towards EACH goal in the NEXT MONTH. This is the FIRST STEP. Break the action down into a smaller step or action until you can commit 100%. If you want to do more than one action, great, but there must be a minimum of ONE.

GOAL 1 Action \_\_\_\_\_ by \_\_\_\_\_

GOAL 2 Action \_\_\_\_\_ by \_\_\_\_\_

GOAL 3 Action \_\_\_\_\_ by \_\_\_\_\_

### 7. Who are my CHEERLEADING TEAM? Who will help & support me? eg. Friends & Family, Partner, Gym-buddy, Colleagues

1. \_\_\_\_\_ HOW Specifically? \_\_\_\_\_

2. \_\_\_\_\_ HOW Specifically? \_\_\_\_\_

3. \_\_\_\_\_ HOW Specifically? \_\_\_\_\_

**8. Success Accelerators:**  
What can I start doing, stop doing, do more, or less of, that will help me achieve my goals?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**9. Smash those Obstacles:**  
What could get in the way? If you were going to sabotage yourself how would you do it?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**10. What is the DIFFERENCE that will MAKE the DIFFERENCE?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## On-Target Checks!

11. If you were GIVE A MARK OUT OF 10 for how likely you feel you will achieve these goals? \_\_\_\_\_ / 10

**WHEN your score is 8 or more – Congratulations, you have a plan!!**

12. IF your score is LESS THAN 8, ask “What, that I perhaps haven’t mentioned yet, might stop me from achieving this goal?” Then, ask “What am I prepared to do about it?”

I am committed to achieving these 3 goals in 2009      Signed \_\_\_\_\_


**About the author:** Emma-Louise Elsey is a recovering perfectionist committed to living a life of simplicity, ease and happiness on Salt Spring Island with her husband, wildlife, cat and dog! As the CEO of Simplicity Life Coaching, a certified Life-Coach and NLP practitioner, she has worked with many smart, successful people to get them unstuck, build their confidence and find happiness! She is now building her business to create workbooks, tools and exercises to help people coach themselves and create their own success in life! For more tools like this one visit [www.simplicitylifecoaching.com](http://www.simplicitylifecoaching.com) and take a look around. Perhaps you'll sign -up for the free bi-monthly newsletter while you're there!



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## Take Off!

So, if you want to commit one stage further to your goals, here is a summary sheet to help you:

<b>MY 2009 GOALS</b> <b>SUMMARY SHEET</b>	
My <b>THEME</b> for 2009 is: .....	
 <p><b>SIMPLICITY LIFE COACHING</b> <i>Find the joy and let go of the struggle!</i></p>	My <b>CHEERLEADERS</b> are: <i>See question 7</i> 1. .... 2. .... 3. ....
My <b>SMART Goals</b> are: <span style="float: right;"><i>See question 5a &amp; 5c</i></span> ( <i>SPECIFIC, MEASURABLE, ACTION-oriented, REALISTIC, TIME-BOUND, positively stated &amp; in the present tense</i> )	
1. I ..... by ...../...../2009 2. I ..... by ...../...../2009 3. I ..... by ...../...../2009	
I am <b>ACTIONING THESE GOALS</b> because: <i>See question 5b</i> 1. .... 2. .... 3. ....	My <b>Action Steps in the next month</b> are: <i>See question 6 on your worksheet</i> 1. .... by ..... <i>Date</i> 2. .... by ..... <i>Date</i> 3. .... by ..... <i>Date</i>
My <b>Success Accelerator Actions</b> are: <i>See questions 8 – 10 ( and 12 if relevant)</i> 1. .... 2. .... 3. ....	Signed: _____ Date: _____
<div style="border: 2px solid orange; padding: 5px;"> <p><b>THOUGHT</b></p> <p><i>"Even if you're on the right track, you'll get run over if you just sit there." James Allen</i></p> </div>	<p><b>Simplicity Life Coaching Ltd.</b>            Want to discuss your goals? Simply contact <b>Emma-Louise</b> at <a href="mailto:emma@simplicitylifecoaching.com">emma@simplicitylifecoaching.com</a> or visit <a href="http://www.simplicitylifecoaching.com">www.simplicitylifecoaching.com</a> for more information, tips, tools and a bi-monthly newsletter.</p>

## STAY ON TRACK

Now you have completed the Summary Sheet, cut it out and put it somewhere you will see it regularly like your fridge or bathroom mirror.