

The 2-Step Goal Setting Method



1) Let it *Flow*

Start by considering all the areas of your life, personal, social, professional. Use these as a guide, but feel free to identify your own areas:

fun/social family/relationship personal/wellness career/financial

Just let it flow – dream of all the things you’d love to accomplish in 2019. Don’t hold back. Don’t censor anything. This is your time to just flow! (use back of page)

2) Let it *Go*

Now it’s time to let some of it go. Most of us have no lack of ideas. It’s focusing on the most important ones and staying disciplined that will create success for you. Cross off the ones above that can wait.

If you’re having difficulty letting some things go, just think of what will have the greatest value to you this year. How will it make you feel? What will it mean to you and those around you?

There’s no magic number for how many goals you should have; every one of us is unique. Consider the reality of your life and plan accordingly.

Write your goals on page 5 of your GRITty Stuff Planner (available on Amazon).