

ACHIEVABLE GOALS

EXAMPLE

DATE: _____

'Envision your future and break it down into manageable steps'

LIFETIME GOALS	3 YEAR GOALS	1 YEAR GOALS	CURRENT QUARTER GOALS
FAMILY & FRIENDS			
For family & friends... to have been the best, inspiring, encouraging husband, dad, stepdad, brother, friend that I could be.	To have helped and inspired/ boosted my family and friends as much as possible... all 5 to own property.	To have helped all kids to buy their own homes.	Keep close to all and see how I can help.
WORK & FINANCIAL			
To have helped drive and grown the business to be worth £10 million.	For the company to be worth £8 million.	To be making £250K net profit.	Refresh and reinvent our business.
FITNESS & HEALTH			
Fitness & health - to have stayed as fit as possible for my age. Followed the Calorie Controlled Lifestyle (CCL) and be free of preventable ailments.	For my golf handicap to be 8 and selected for the A team. Exercising and body in good shape.	To be on the Calorie Controlled Lifestyle (CCL) and good body numbers. Golf & regular exercise.	Relook and restart my CCL. Relook at my exercise regime. Continue using my gym membership as fully as possible... stretch regularly... golf/ sort chipping coaching.
WILD CARD IDEAS!			
Wild card things... to have pushed myself and achieved as much as I could and done fun things.	To have travelled to the USA again = probably on bikes - and to have been/ planned to go to Australia/ NZ.	To have planned another bike trip - hopefully with Dave.	Getting the YBF coaching up and running! Exciting & scary at the same time!... Get another bike trip planned for next year.