

## PRE GOAL - SETTING

# CHECKLIST

TICK 'YES' IF YOU HAVE COMPLETED THE STEP & TICK 'DEFER' IF YOU'RE GOING TO DO THIS STEP LATER

---

01	HAVE YOU DECIDED ON 5 GOALS TO ACHIEVE THIS QUARTER	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
02	HAVE YOU SET 3 - 4 ACTIONABLE TASKS TO ACHIEVE EACH GOAL	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
03	CAN YOUR GOALS BE MEASURED FOR A SPECIFIC OUTCOME	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
04	ARE YOUR GOALS ACHIEVABLE IN 3 MONTHS	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
05	ARE YOUR GOALS PUSHING YOU OUT OF YOUR COMFORT ZONE	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
06	DO YOU HAVE THE RESOURCES, SKILLS AND OPPORTUNITIES REQUIRED TO ACHIEVE YOUR GOALS	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
07	HAVE YOU SCHEDULED CALENDAR BLOCKS TO REVIEW YOUR GOALS	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>
08	ARE YOU MOTIVATED TO CRUSH YOUR GOALS THIS QUARTER	YES <input type="checkbox"/>	DEFER <input type="checkbox"/>

---