**PRIMARY GOALS**

Client Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_

GOAL 1:

GOAL 2:

GOAL 3:

**SECONDARY GOALS**

Directions for Setting Secondary Goals that Get Results:

* Set **up to** seven secondary goals that are completely distinct from your primary goals
* Goals are dreams with deadlines – set a specific end date.
* These goals are ideally smaller in scope than your primary goals. I encourage you to make fun goals.
* A goal is the end game, the having or being that results from what you will be doing in pursuit of the goal. For example, if you want to start working out every week, the goal is the result of that action – example: A slim and fit size 6. Notice there is no “doing” in the language of the goal.
* Create goals that are visionary and inspiring – use inspiring language that captures the experience you will have when the goal is complete. Create goals about what you’re creating, not about the problem you’re solving.
* State the goal in a single phrase (**preferably 5 words or fewer**), with a single focus – leave out the verb (it’s about what you have, not how you’re getting there).
* The goals need to be measurable in some way that is stated in the goal – using an evidence procedure helps – how will you know when you’re complete with the goal?

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

Goal 6:

Goal 7: