

This is your life.

Are you who you want to be?

Do you live the life you want to live?

What do you stand for?

Where are you going?

Do you wake up inspired?

***It's time to set
goals, now.***

#CrossFitSolace



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Think

Plan

Act

2019 *Life Style and Livelihood* Goals Worksheet (THINK)

Introduction:

It is often helpful to pause and take an inventory of how well you are doing in your life. How happy are you? How challenged are you? How do you feel about where you are in your life and in your career? To what extent and in which areas of your life would you like your future to be better than your past?

Questions to consider:

1. What has been going well for you in both your life and in your career that you would like to continue?
2. What actions, activities, or initiatives would you like to tweak a little to deliver better results for you in the future?
3. What would you like to do totally different to deliver better results for you in the future? Why?
4. What needs to happen for you to feel really good about your life and your career? Please explain.

2019 *Life Style* Goals™ (PLAN)

List three important *Life Style* goals—faith, family, friends, fame, fortune, fitness, fulfillment, etc.—that propel you to do what you do for a living.

Life Style Goal # 1	Life Style Goal # 2	Life Style Goal # 3

2019 *Livelihood* Goals™ (PLAN)

List three important *Livelihood* Goals. Successfully achieving these career success goals in 2019 confirms that you are effective at what you do for a living and serves as a source of funds to finance your *Life Style* Goals.

Livelihood Goal # 1	Livelihood Goal # 2	Livelihood Goal # 3

First Quarter 2019 Strategic Initiatives (PLAN)

List three initiatives linked to your 2019 Livelihood Goals that you would like to achieve in the First Quarter of 2019 and five reasons why each of these first quarter initiatives are important to you.

Initiative # 1	Initiative # 2	Initiative # 3

Why this is important to me	Why this is important to me	Why this is important to me

Magic Cards and Accountability Commitments (ACT)

1. On a 3 x 5 card write your reasons why a particular First Quarter 2019 Initiative is important to you.
2. Read this card ten to twenty times a day.
3. Share this entire document with your Capability Coach or Accountability Partner.
4. Discuss your progress, challenges and opportunities with your Capability Coach or Accountability Partner once or twice a month.