

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

2021 *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

2021 *Livelihood* Goals™ (PLAN)

List three important *Livelihood* Goals. Successfully achieving these career success goals in 2021 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 2021 Strategic Initiatives (PLAN)

List three initiatives linked to your 2021 Livelihood Goals that you would like to achieve in the First Quarter of 2021 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 2021 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.