



3 STEPS
TO
GOAL
CLARITY

STEP 1



Where Am I Heading?



My most important goal this month is...

Check that your goal for the month fits in with your longer term plan.....

Big Picture - Get Clear

My goals 5-10 years	
My goals 3 years	
My goals 1 year	
My goals 3 months	



STEP 2



How Will I Get There?

These are the milestones I will see along the way....

Identify each milestone on your goal journey

1	
2	
3	
4	
5	
6	

Highlight the milestone which will give you the easiest win

Be flexible and recalibrate as you go along!

STEP 3



How Far Have I Come?

My successes so far.....

What things have gone well for you over the last week?
(Include your achievements, insights, development)

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

What things have gone well for you over the last month?
(Include your achievements, insights, development)

<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____
<input type="checkbox"/>	_____	<input type="checkbox"/>	_____

Repeat this process regularly so that you have a record of your successes to inspire your progress

