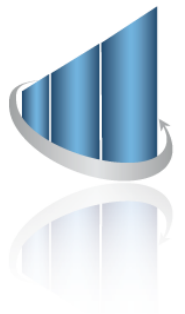


AW3i



RESULTS FOR 2011

HIGH-LEVEL ROUGH AND READY GOAL SETTING TEMPLATE FOR 2011. IN MANY WAYS IT'S EASIER NOT TO BOTHER, BUT THE SENSE OF PURPOSE THEY BRING PUTS A SPRING IN OUR STEP AND SETS THE COURSE FOR A GREATER LEVEL OF FULFILMENT AT THE END OF THE YEAR.

HEALTH	CAREER
RESULT/GOAL:	RESULT/GOAL:
PURPOSE:	PURPOSE:
ACTIONS: 1. 2. 3. 4. 5. 6.	ACTIONS: 1. 2. 3. 4, 5. 6.

RELATIONSHIP	BUSINESS
PURPOSE:	PURPOSE:
ACTIONS: 1. 2. 3. 4. 5. 6.	ACTIONS: 1. 2. 3. 4, 5. 6.

FINANCES	WEALTH
PURPOSE:	PURPOSE:
ACTIONS: 1. 2. 3. 4. 5. 6.	ACTIONS: 1. 2. 3. 4, 5. 6.

Instructions

Step 1: Spend a few minutes thinking about the highs and lows from last year - write them below along with any major lessons learnt and what you may have done differently.

Step 2: Remember the rules of setting goals: make them S.M.A.R.T (*specific, measurable, achievable, realistic* and set a *time-scale* for each action), then schedule the action items into your 2011 calendar. A Health RESULT/GOAL example is below.

HEALTH
GOAL/ RESULT: Shift half a stone of flab in 3 months, starting 1st Feb.
PURPOSE: So I feel great when the need arises to display more flesh in the summer; so I keep my other half exited in the bedroom; and so I gain more confidence in general (to start that business I keep thinking about).
ACTIONS: <ol style="list-style-type: none">1. Get inspired: buy a book like this http://tinyurl.com/34ddmv92. Get motivated: strip off and take a really good look in the mirror.3. Learn about the benefits of Juicing: http://tinyurl.com/2wolacq4. Start a 3 month training program (grab one from a decent health magazine).5. Do something crazy like enrol for a local sprint (mini) triathlon with a friend.6. Treat myself once achieved (new clothes, new gadget, weekend away).

Step 3: Fill in the template (a first draft / work-in-progress if necessary, then complete it the next day), print it off and stick it to the fridge door or tuck inside your note book at work. What ever happens, make sure you can see your goals every day until the they have been achieved - good luck:)