

GOAL SETTING TO THE NOW

SOMEDAY GOAL

What's the ONE Thing I want to do someday? _____

FIVE-YEAR GOAL

Based on my Someday Goal, what's the ONE Thing I can do in the next five years? _____

ONE-YEAR GOAL

Based on my Five-Year Goal, what's the ONE Thing I can do this year? _____

MONTHLY GOAL

Based on my One-Year Goal, what's the ONE Thing I can do this month? _____

WEEKLY GOAL

Based on my Monthly Goal, what's the ONE Thing I can do this week? _____

DAILY GOAL

Based on my Weekly Goal, what's the ONE Thing I can do today? _____

RIGHT NOW

Based on my Daily Goal, what's the ONE Thing I can do right now?

Who can I share this with to help me achieve my goals? _____