FASHION BRAIN ACADEMY

GOAL SETTING WORKSHEET

Setting goals and writing them down is a proven way to be successful in business. Clear goals and thinking about them will trigger all kinds of ideas and insights that will help you achieve these goals.

Deciding who you are, what you love, and what you want will give you the drive to succeed.

Please complete the following worksheet. Give yourself the quiet space and time to answer each question fully.

1. What are the three most important values, qualities, and factors in your life today?

    1.

    2.

    3.

2. How would $1,000,000 in cash change your life?

3. What sort of work or activity brings you the greatest feeling of importance and satisfaction?

4. What have you always wanted to do but been afraid to try?

5. If you could make a significant change in your life today, what would it be?

6. What ONE great thing would you dare to dream if you knew you could not fail?

7. What were your sales last year?

8. What number do you want to hit this year?

9. If you were to wave a *realistic* "magic wand," where would you like to be 12 months from now with your business?

    And in 2 years?

10. What have you done so far to move towards selling your product, including what worked and what didn't?

11. What is holding you back or slowing your progress (no knowledge of sales/marketing, time, competition, resources, your positioning in the marketplace, cash flow, confidence in self, or project)?

12. Which hours of the day are the most productive for you (and your body clock)?

13. What are some things ONLY YOU can do for your business?

14. What are some things that you currently do that you could delegate to others?

15. How will you know if you're successful? What would "define" success for you? What is your measurement for success? (This can be big and small milestones, don't limit it to "make a million a year)

16. What would your version of a "million dollar business" look like? What would you need to do (or be) to make your business a million-dollar-a-year business?

    1.

    2.

    3.

    4.

    5.

    6.

    7.

    8.

    9.

    10.

17. Without referring to your previous answers, make a list of 10 goals you would like to accomplish in the next 12 months:

    1.

    2.

    3.

    4.

    5.

    6.

    7.

    8.

    9.

    10.

18. Now pick the 3 MOST IMPORTANT gals so you can make a more detailed plan. Write them here:

    1.

    2.

    3.

21. Time for action! Your next step is to go to this link and read Technori's "The Most Effective Goal Setting Plan Ever": http://bit.ly/goalsTechnori

The Technori method involves 5 steps:

    1. Focus on only 1 – 2 major goals *(JH note – I say 3 is fine)*
    2. Create monthly sub-goals
    3. Create weekly mini-goas
    4. Do your weekly planning
    5. Do your daily planning

The article has examples of the templates you can create to keep yourself on track. Here's a sneak peek...

[Your Name]'s Get Shit Done Plan	
For the week of:	April 1-7
2013 Big Goal:	Learn how to code and land a job as a front-end developer
April Sub-Goal:	Apply and get into the Starter League Beginner HTML/CSS class
This week's mini goal:	Do research on Starter League program
This week's plan:	
Monday	Search on starterleague.com to get a better sense of the program and teachers
Tuesday	Reach out to 2 Starter League mentors for coffee meetings to learn more
Wednesday	Check out Starter League social media profiles to keep up with what's going on now
Thursday	Read up on articles written about the Starter League experience
Friday	Do some final research on other coding programs to make sure Starter League is the absolute best fit for me
Saturday	
Sunday	Enjoy the weekend! I'm done with this week's goal
Additional projects & tasks for this week:	Finish data intelligence report for boss
	File taxes for 2012
	Buy birthday present for mom
	Put together project plan for new client
	Follow-up with 5 potential clients
	Fix kitchen cabinet door

Get started on your plan NOW because "perfect is good but DONE is better". It will only take about an hour and there's no reason to wait. Here's to a lot of happiness and achieved gals in the next year!

-Jane

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