

Simply UnstoppableSM

Step 1:

Write a list of ALL your goals and dreams.

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Step 2, part 1/2:
Organize the list from step 1.

Career Goals:

Financial Goals:

Personal Development Goals:

Spiritual Goals:

Educational Goals:

Relationship Goals:

Health Goals:

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Step 2, part 2/2:

Further organize the list from step 2 part 1.

Lifetime Goals: Long-term Goals: Short-term Goals: Stepping Stone Goals:

Career Goals:

Financial Goals:

Personal Development Goals:

Spiritual Goals:

Educational Goals:

Relationship Goals:

Health Goals:

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Step 3:

Form SMART goals. One per sheet.

My goal is:

Who is involved in this goal:

What is this goal:

Where will I achieve this goal:

When will I achieve this goal:

Why do I want to achieve this goal:

SMART

Specific: My goal is

Measurable: I will measure my progress to this goal by

Achievable: My plan to achieve this goal is

Relevant: This goal aligns with my mission in life because

Timely: I plan to achieve this goal by

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Step 4:

Create a plan of action per goal.

Goal:

Plan for the month:

Month:

Action Items:

Week 1

Reflection:

Action Items:

Week 2

Reflection:

Action Items:

Week 3

Reflection:

Action Items:

Week 4

Reflection:

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Step 5:

Write + re-write your goals daily.