

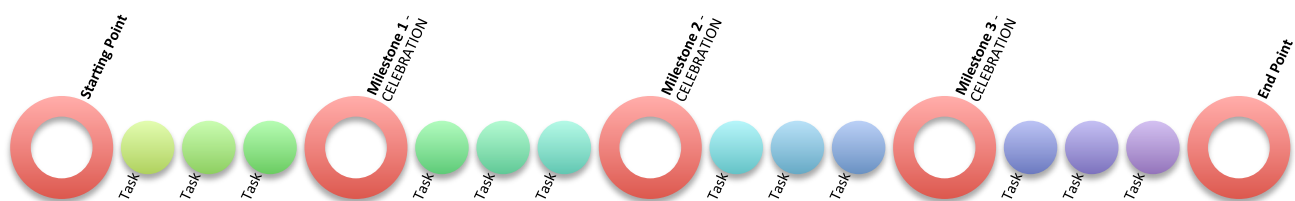
The BLP Advanced Goal Setters Cheat Sheet

ADVANCED GOAL SETTING

Goal setting is a powerful process for thinking about your ideal future, and for motivating yourself to turn your vision of this future into reality. The process of setting goals helps you choose where you want to go in life. If you are an advanced goal setter it means that you have achieved many of your goals and that you constantly demand a higher standard in both your personal and professional life! To achieve great things - to demand a higher standard - you need to plan and the *BLP Advanced Goal Setters Cheat Sheet* will help you all the way to the end!

ANSWER THE QUESTIONS BELOW TO ACHIEVE A HIGHER STANDARD OF GOAL SETTING

Question	Explanation	Answer
1. Does your goal reflect your value system?	Does your goal reflect what's important in your life, or is it something that has been foisted on to you by someone else?	
2. Have you taken ownership over your goal?	Research shows that when we take ownership over something, including our goals, we are more committed to it. Taking ownership over goals means it becomes "ours" thereby becoming part of our identity. Be courageous with your goals and the steps it takes to get there! Don't forget that you will need to be even more courageous than you were yesterday if you want to achieve great things.	
3. Does your goal make you happy?	If you had to wake up at 5am every day to do it, would you? And would you do it with a smile on your face? (It won't always be like this, at times you will need to pull back, but if your goal doesn't make you happy most of the time, you should ask yourself if it is working out?)	
4. Do you have a plan?	Have you broken your goal down to reflect the programme below?	



Starting Point: This is important so you can track and monitor your progress.

Task: Small things that you should be doing every day (habits) to bring you closer to the end point. Your ability to form good habits might be the difference between success and failure.

Milestone: Lets you know you are moving closer to your goals. Our brains get bored and frustrated if we chase the same thing for too long.

Celebration: There is no such thing as moving the goal posts back! There is only forgetting to take stock of your accomplishments and celebrate them.

End Point: Ensure that you're working towards a fixed date to help keep you focused.

Actions: Print this sheet out and re-write your goal to reflect the programme outlined above. Remember to follow the damn programme!