



# **FINDING YOUR PURPOSE**

**SECTION 6**



## SETTING & ACHIEVING YOUR GOALS



- You are only dedicated to your highest values and that which serves your highest values, so ensure you link your goals and the action steps required, to your highest values
- Clear and specific goals are powerful – avoid vague and generic goals
- Remember to look through all 7 areas of life, and to include secondary and tertiary benefits, to your initial primary benefits



### 1. PRIMARY OBJECTIVE

Take one of the goals you wrote down in [section 5](#), and clearly define the goal in detail below. Ensure the goal is clear, concise, specific, measureable and realistic.

### 2. TOP 5 OBJECTIVES

What are the top 5 secondary objectives, or sub-goals you need to complete in order to accomplish this goal? In this step you are going to break the primary goal down into 5 more manageable sub-goals.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



## 3. LINKING YOUR GOAL

In the 3<sup>rd</sup> step we are going to build all the internal motivation (inspiration) required to achieve your goal by linking your goal, and the action steps required to fulfil it, to your highest values.

You will achieve this in the following way:

- Listing 100 benefits of *achieving* your goal to your highest values, and
- Listing 100 benefits of *taking the action steps required* to achieve your goal, to your highest values

### WHAT ARE YOUR TOP THREE HIGHEST VALUES

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### LIST 100 BENEFITS OF ACHIEVING YOUR PRIMARY GOAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_



12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_
24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_

*“Things which matter most must never be at the mercy of things which matter least”*

*~ Johan Wolfgang von Goethe*

# SECTION 6 | GOALS



33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_
43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_
51. \_\_\_\_\_
52. \_\_\_\_\_
53. \_\_\_\_\_
54. \_\_\_\_\_
55. \_\_\_\_\_
56. \_\_\_\_\_



- 57. \_\_\_\_\_
- 58. \_\_\_\_\_
- 59. \_\_\_\_\_
- 60. \_\_\_\_\_
- 61. \_\_\_\_\_
- 62. \_\_\_\_\_
- 63. \_\_\_\_\_
- 64. \_\_\_\_\_
- 65. \_\_\_\_\_
- 66. \_\_\_\_\_
- 67. \_\_\_\_\_
- 68. \_\_\_\_\_
- 69. \_\_\_\_\_
- 70. \_\_\_\_\_
- 71. \_\_\_\_\_
- 72. \_\_\_\_\_
- 73. \_\_\_\_\_
- 74. \_\_\_\_\_
- 75. \_\_\_\_\_
- 76. \_\_\_\_\_
- 77. \_\_\_\_\_

***“If you don’t design your own life plan, chances are you’ll fall into someone else’s plan. And guess what they have planned for you? Not much.”***

***~ Jim Rohn***



- 78. \_\_\_\_\_
- 79. \_\_\_\_\_
- 80. \_\_\_\_\_
- 81. \_\_\_\_\_
- 82. \_\_\_\_\_
- 83. \_\_\_\_\_
- 84. \_\_\_\_\_
- 85. \_\_\_\_\_
- 86. \_\_\_\_\_
- 87. \_\_\_\_\_
- 88. \_\_\_\_\_
- 89. \_\_\_\_\_
- 90. \_\_\_\_\_
- 91. \_\_\_\_\_
- 92. \_\_\_\_\_
- 93. \_\_\_\_\_
- 94. \_\_\_\_\_
- 95. \_\_\_\_\_
- 96. \_\_\_\_\_
- 97. \_\_\_\_\_
- 98. \_\_\_\_\_
- 99. \_\_\_\_\_
- 100. \_\_\_\_\_



## LIST 100 BENEFITS OF TAKING THE ACTION STEPS REQUIRED TO ACHIEVE YOUR PRIMARY GOAL

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_
11. \_\_\_\_\_
12. \_\_\_\_\_
13. \_\_\_\_\_
14. \_\_\_\_\_
15. \_\_\_\_\_
16. \_\_\_\_\_
17. \_\_\_\_\_
18. \_\_\_\_\_
19. \_\_\_\_\_
20. \_\_\_\_\_
21. \_\_\_\_\_
22. \_\_\_\_\_
23. \_\_\_\_\_





24. \_\_\_\_\_
25. \_\_\_\_\_
26. \_\_\_\_\_
27. \_\_\_\_\_
28. \_\_\_\_\_
29. \_\_\_\_\_
30. \_\_\_\_\_
31. \_\_\_\_\_
32. \_\_\_\_\_
33. \_\_\_\_\_
34. \_\_\_\_\_
35. \_\_\_\_\_
36. \_\_\_\_\_
37. \_\_\_\_\_
38. \_\_\_\_\_
39. \_\_\_\_\_
40. \_\_\_\_\_
41. \_\_\_\_\_
42. \_\_\_\_\_

***“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”***

***~ Pablo Picasso***



43. \_\_\_\_\_
44. \_\_\_\_\_
45. \_\_\_\_\_
46. \_\_\_\_\_
47. \_\_\_\_\_
48. \_\_\_\_\_
49. \_\_\_\_\_
50. \_\_\_\_\_
51. \_\_\_\_\_
52. \_\_\_\_\_
53. \_\_\_\_\_
54. \_\_\_\_\_
55. \_\_\_\_\_
56. \_\_\_\_\_
57. \_\_\_\_\_
58. \_\_\_\_\_
59. \_\_\_\_\_
60. \_\_\_\_\_
61. \_\_\_\_\_
62. \_\_\_\_\_
63. \_\_\_\_\_
64. \_\_\_\_\_
65. \_\_\_\_\_
66. \_\_\_\_\_



- 67. \_\_\_\_\_
- 68. \_\_\_\_\_
- 69. \_\_\_\_\_
- 70. \_\_\_\_\_
- 71. \_\_\_\_\_
- 72. \_\_\_\_\_
- 73. \_\_\_\_\_
- 74. \_\_\_\_\_
- 75. \_\_\_\_\_
- 76. \_\_\_\_\_
- 77. \_\_\_\_\_
- 78. \_\_\_\_\_
- 79. \_\_\_\_\_
- 80. \_\_\_\_\_
- 81. \_\_\_\_\_
- 82. \_\_\_\_\_
- 83. \_\_\_\_\_
- 84. \_\_\_\_\_
- 85. \_\_\_\_\_
- 86. \_\_\_\_\_
- 87. \_\_\_\_\_

***“There are risks and costs to action. But they are far less than the long range risks of comfortable inaction.”***

***~John F. Kennedy***



88. \_\_\_\_\_
89. \_\_\_\_\_
90. \_\_\_\_\_
91. \_\_\_\_\_
92. \_\_\_\_\_
93. \_\_\_\_\_
94. \_\_\_\_\_
95. \_\_\_\_\_
96. \_\_\_\_\_
97. \_\_\_\_\_
98. \_\_\_\_\_
99. \_\_\_\_\_
100. \_\_\_\_\_