

100 GOALS

This is an opportunity to push past the usual 3-15 annual goals that we set for ourselves. This exercise is designed to make you stretch and include audacious goals. Make this a combination of small goals and huge goals...from buying a new pair of shoes to having a private meeting with the world leader you most admire. Keep this in a visible place where you see it regularly. You will be amazed in a year by how many goals you have accomplished.

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100 GOALS

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100 GOALS

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“ALL MY LIFE, I WANTED TO BE SOMEBODY.
NOW, I SEE I SHOULD HAVE BEEN **more specific.**”

LILY TOMLIN, ACTRESS & COMEDIAN

PASSIONS

To create achievable goals, we must clearly define them and then absolutely believe they are happening. When writing out your goals, always state them in personal, positive and present tense language. For example, many people say "I wish I could lose 20 pounds." To restate this, you might say, "I look sexy in my size 8 red dress and I feel so much healthier now that I weigh 120 lbs." Last session, we created your dream. Now, we are going to create the goals that support that dream. First, we will identify your passions. Then you will really tune into how you will feel about achieving your dream. By utilizing your emotion, you will drill the dream down to your cellular level. You need to do more than intellectually want your dream, you need to emotionally believe your dream. Then you will draft your SMART goals - Specific, Measurable, Attainable, Realistic and Time Specific. From these, you will craft short affirmations that you can repeat daily to support your goals.

Passions: _____

**“My passion came from within. I BELIEVE THAT IS WHY I’M STILL PLAYING
AFTER 20 YEARS...BECAUSE I play for me.”**
JULIE FOUDY, SOCCER PLAYER, OLYMPIC GOLD MEDAL



SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 1. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
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AFFIRMATION FOR THIS GOAL:

SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 2. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
2. _____
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6. _____
7. _____
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AFFIRMATION FOR THIS GOAL:

SPIRIT WARRIOR GOALS

Make your goals Specific, Measurable, Attainable, Realistic and Time Specific.

GOAL 3. _____

WHY IS THIS GOAL IMPORTANT? HOW WILL YOU FEEL WHEN YOU ACHIEVE IT?

ACTION STEPS TO ACCOMPLISH GOAL:

1. _____
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AFFIRMATION FOR THIS GOAL:
