

Goal Setting Form

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First. Decide exactly what you want to have, be, or achieve. Write that one thing here. (Be specific. No “a lot of” or “more of” you must use the amount, number, or description of the object of your goal.)

Second. Determine exactly what you intend to give in return for what you desire. (Your mind only responds to specifics like x amount of money, x pounds, an x model car that is silver with leather bucket seats, etc.)

Third. Determine the rewards, benefits, and feelings you will possess by having this goal. (What verbs will describe that?)

Fourth. Establish a definite date for achieving this goal and determine benchmarks up until that date. (If you want x amount of earnings by 3 years from now, identify how much you want earn 1 year and 2 years before then. Or if you want to weigh x amount of pounds, how much do you need to lose each week before then?)

Fifth. Create a specific plan for making this goal a reality in your life and begin putting this plan in action, immediately and daily. (What must you do daily? Weekly? Monthly? What must you learn or do to make this desire a reality?)

Sixth. Write out a clear and concise written statement of this goal, with the following elements: 1) The exact desire; 2) The date of possession; 3) The plan through which you intend to accumulate it;

4) How you will feel when this goal is a reality in your life.

An Outline for your Written Statement

I am enjoying/having/being _____ (state goal as if it was already fulfilled) by _____ (deadline date) because I am _____ (briefly but clearly state plan to obtain goal) and I am feeling _____ (state how it will make you feel: happy, athletic, helpful, etc.) and am thankful for _____ (state the benefits of this fulfilled goal).

Seven Practice visualizing this goal as in your possession by reading your written statement out loud and twice daily and by giving expressions of thankfulness, both verbally and mentally.

