


GOAL SETTING

OneLife
It's all about lifestyle



DEVELOP AN
ACTION PLAN
DESIGNED TO
MOTIVATE AND
GUIDE YOU
TOWARDS A
GOAL

1300 365 590 | events@onelife.com.au | www.onelife.com.au



WELCOME

Ready to kick some serious goals? Write to us or give us a call now, we're always happy to provide a free consultation and support you with any questions you may ask.

GET IN TOUCH!

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NAME

DATE

S

M

A

R

T

I

E

S

Specific

Measurable

Attainable

Realistic

Tangible

Inspirational

Emotional

Successful

"If you are not making the progress you would like and are capable of making, it is simply because your goals are not clearly defined."

Paul J. Meyer

MY LONG TERM GOALS ARE:

As well as using the this goal guide and checking in with your goals daily, there are five magic steps which you must follow to link your goals, intention, and purpose, with the power to realise them. The power lives within you and through alignment you can achieve anything you set your mind to.



1. KNOW EXACTLY WHERE YOU ARE RIGHT NOW

That is, where you are financially? To achieve this, you will have to do a realistic bottom-line statement: this is what I have in cash and assets; this is what I owe; this is how much my income is.

This is an essential process, and most people think they can skip this point and not worry about it.

You must take an inventory of your values and your internal strengths and weaknesses. You must increase your strengths and manage your weaknesses. You must gather around you people who can take care of the things that you are not so good at—a coach or mentor or accountant— whoever it is you need to have around you to have you be successful.

2. FOCUS ON A SPECIFIC INTENTION

Intentions are very much a step up from goals as goals are often fueled by fear.

People tend to do things based on fear, but with intention you do things based on careful consideration, and there is a sense of purpose about what you are up to. So with clear intentions, clear goals and plans follow.

3. HAVE A SPECIFIC GAME PLAN TO DELIVER YOUR INTENTIONS

This is a step-by-step process. For instance, you could have an intention to be a millionaire in seven years.

Your specific game plan will give you a program where you spend six hours a week for the next six months learning and studying through seminars, workshops, books etc. on basic investment knowledge.

4. USE VISION AND YOUR CREATIVE SPIRIT THROUGH YOUR IMAGINATION TO CREATE IDEAS AND TO DESIGN YOUR LIFE

Most people work too hard to make a living. You need five minutes each day for quiet visualisation, to imagine and reinvent yourself so that you have an empowering life.

Ask yourself, 'What am I grateful for?', 'Who loves me?', 'Who do I love?' and 'What is my purpose?'

Get creative and use let your imagination run wild with possibilities. The subconscious mind knows no bounds so have fun designing your perfect life!

5. TAKE MASSIVE ACTION ABOUT YOUR INTENTION AND GOALS

Make yourself take at least one small step each day towards your outcome, no matter how small the step.

At the end of the day you must ask the power questions, 'What did I achieve today?' and 'How much closer to my goal am I?'

BONUS STEP: ENJOY EVERY MOMENT OF THE JOURNEY!



GOAL SETTING

WHY

One of the key features of successful goal setting is having a big enough WHY.

This means that before you even start with the actual goal setting, ask yourself why you want to achieve that goal. You need to have a goal that is big enough to be exciting - to you!

CREATE

Using the **S.M.A.R.T.I.E.S** principal, take your WHY into consideration and CREATE your actual goal. As you do so, make sure your goals are in alignment with your values!

For example, if spending time with your family is important to you, don't aim for a position that requires 50+ hours per week or a lot of travel.

CELEBRATE

Some people feel that they don't deserve to CELEBRATE until they have reached their final goal. That can be a very frustrating approach- likely to result in failure to achieve your goals.

The more success you allow yourself to feel as you approach your goals the more success you're likely to have and the more likely you are to reach your ULTIMATE Goal!

1-31 CARD WORKSHEET

Use your 1-31 Card to develop success habits. Remember balance in your life.

☐ Health ☐ Family ☐ Financial ☐ Business/Career ☐ Intellectual ☐ Social ☐ Spiritual

List your goals in the first person and present tense in the space provided then tick the box each day when read them.

MY NUMBER ONE GOAL IN THE NEXT 31 DAYS IS...

I read my 1 to 31 goal card each day and all my goals are S.M.A.R.T.I.E.S

Achieved this by Date / / Time: am/pm

HEALTH

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

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

GOAL:

FAMILY

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

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

GOAL:

FINANCIAL

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

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

GOAL:

BUSINESS/CAREER

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

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

GOAL:

INTELLECTUAL

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

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

GOAL:

SOCIAL

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

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

GOAL:

SPIRITUAL

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

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

GOAL:



GOALS: EXAMPLES

S

Specific

M

Measurable

A

Attainable

R

Realistic

T

Tangible

I

Inspirational

E

Emotional

S

Successful

PRIMARY

I am so happy I have completed the first 30 days of my Action Plan by the end of the month.

HEALTH

I am so happy I am exercising at 6am for one hour on Tuesday, Thursday and Friday mornings from next Tuesday.

FAMILY

I am so happy I am enjoying family time each Sunday morning between 9am and 11am from now on.

FINANCIAL

I am so happy we have settled on the sale of our property in Newcastle for \$650,000 by the end of next month.

BUSINESS & CAREER

I am so happy I have increased my income by \$2500 per month by increasing my hourly contract rate by 15th of next month.

INTELLECTUAL

I am so happy and grateful I am reading personal enrichment books for 30 minutes every night at 9:00pm .

SOCIAL

I am so happy and grateful I am doing Yoga on Tuesday nights at Robina, and meeting lots of great new people while getting fit by next Tuesday.

SPIRITUAL

I am so happy and grateful I take time every night to write in my journal and every morning I review my goals.



MY GOALS

- 1

Short Term Goals:
0 - 6 months
- 2

Medium Term Goals:
1 - 5 years
- 3

Long Term Goals:
5+ years

PRIMARY

- 1:
- 2:
- 3:

FAMILY

- 1:
- 2:
- 3:

BUSINESS/CAREER

- 1:
- 2:
- 3:

SOCIAL

1:

2:

3:

HEALTH

1:

2:

3:

FINANCIAL

1:

2:

3:

INTELLECTUAL

1:

2:

3:

SPIRITUAL

1:

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