



PLAN YOUR BEST YEAR EVER

with Racheal Cook MBA

|

day 4

SET YOUR GOALS

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SET YOUR 2023 GOALS

Goal setting seems like an easy enough process - you write something down on paper, set it on your desk so you can see it every day, realize 5 months later that you lost that piece of paper and have no idea what direction you're going.

Oooops.

We are gonna do goal setting a little differently today.

PART I:: GOAL SETTING SHOWDOWN

I know you're ambitious and there is a TON you want to accomplish this year. But we often overestimate what we can reasonable accomplish in a year... and find ourselves pulled in a million directions. Before we narrow in on your top 5 goals - we're gonna go through a process of elimination.

I:: 2023 BRAIN DUMP

*Set the timer for 5 minutes and write out every. single. goal you think you'd like to accomplish this year.
Ready. Set. GOAL!*

2:: REVIEW YOUR LIST ABOVE AND GROUP LIKE WITH LIKE.

WHAT ARE YOUR CONTENDER GOALS FOR 2023?

What goals are really similar? What goals are actually action steps to reach a goal (ie - walk 10,000 steps a day helps you achieve a bigger health goal).

3:: NOW IT'S TIME TO EDIT ALL THESE GOALS DOWN TO YOUR TOP 5!

That's right - just 5 goals. Why? Because we want to focus on achieving real results! Write down your goals and make them SMART:: Specific, Measurable, Actionable, Realistic, and Time Bound.

Example of a Smart Goal:: I will host 50 episodes of my podcast by December 31, 2023. I will be interviewed on 12 other podcasts by December 31, 2023. I will launch my referral marketing system by June 30, 2023

1.

2.

3.

4.

5.

4:: PUT A STAR BY YOUR PUSH GOAL.

Often, there is one goal that will make other goals possible. For example - if my goal is land 12 visibility opportunities like speaking or interviews, I'll attract more new potential clients into my business.

PART 2:: SET YOURSELF UP FOR SUCCESS!

We have our goals - now let's spend a little time with each one to ensure that little goal has everything it needs in 2023 to thrive!

GOAL #1::

Why is this goal important to you?

What will achieving this goal do for your life + business?

What support do you need to achieve this goal?

What training do you need to achieve this goal?

What tools do you need to achieve this goal?

What habits do you need to upgrade to achieve this goal?

What systems or processes do you need to achieve this goal?

What are 5 specific milestones or action steps (with due dates) that will help you to achieve this goal?

- 1.
- 2.
- 3.
- 4.
- 5.

GOAL #2::

Why is this goal important to you?

What will achieving this goal do for your life + business?

What support do you need to achieve this goal?

What training do you need to achieve this goal?

What tools do you need to achieve this goal?

What habits do you need to upgrade to achieve this goal?

What systems or processes do you need to achieve this goal?

What are 5 specific milestones or action steps (with due dates) that will help you to achieve this goal?

- 1.
- 2.
- 3.
- 4.
- 5.

GOAL #3::

Why is this goal important to you?

What will achieving this goal do for your life + business?

What support do you need to achieve this goal?

What training do you need to achieve this goal?

What tools do you need to achieve this goal?

What habits do you need to upgrade to achieve this goal?

What systems or processes do you need to achieve this goal?

What are 5 specific milestones or action steps (with due dates) that will help you to achieve this goal?

1.

2.

3.

4.

5.

GOAL #4::

Why is this goal important to you?

What will achieving this goal do for your life + business?

What support do you need to achieve this goal?

What training do you need to achieve this goal?

What tools do you need to achieve this goal?

What habits do you need to upgrade to achieve this goal?

What systems or processes do you need to achieve this goal?

What are 5 specific milestones or action steps (with due dates) that will help you to achieve this goal?

- 1.
- 2.
- 3.
- 4.
- 5.

GOAL #5::

Why is this goal important to you?

What will achieving this goal do for your life + business?

What support do you need to achieve this goal?

What training do you need to achieve this goal?

What tools do you need to achieve this goal?

What habits do you need to upgrade to achieve this goal?

What systems or processes do you need to achieve this goal?

What are 5 specific milestones or action steps (with due dates) that will help you to achieve this goal?

- 1.
- 2.
- 3.
- 4.
- 5.