

# Making Good on Goals - Week 2

"To accomplish great things we must first dream, then visualize, then plan... believe... act!"  
- Alfred A. Montapert

## Actions that Achieve Outcomes

### Five steps of goal-setting:

1. Vision
2. Goals
3. Actions
4. Daily progress
5. Reward

Where do you fall off track?

### Finding Your Best Actions

Reiterate your ideal vision for your life. Dream big!

How do you feel in your vision?

What are the key pieces to achieving your vision?

For example, self-belief, the right connections, significant savings...

What steps can you take to move closer to your vision?

What big action or change could you take that would dramatically shift your life if you did?

## **Making Good on Goals - Week 2**

### **Becoming You in Your Vision**

Who do you need to become to be the person in your vision?

What qualities will you cultivate in yourself to achieve your vision?

Who embodies these qualities now and can serve as a guide or reminder when you forget? Think of stars, friends, or personal heroes.

What habits, traits, and beliefs will you adopt to move towards who you most want to be?

What will you release?