

90 Day "Goal Achieving" Worksheet

Challenge YOURSELF! – With the S.M.A.R.T. Technique

S: Be Specific • M: Measurable • A: Attainable • R: Risk and Realistic • T: Timeline - on or before

"What I Want" GOALS I AM ACHIEVING NOW	
Coach Paul Sahota Main Accountability Partner	My Top 3 New DAILY HABITS are: 1. _____ 2. _____ 3. _____
My Top 3 "Priority" Goals are: 1. Ion or before 2. Ion or before..... 3. Ion or before.....	
The BENEFITS to Me of My GOALS are: <i>Think of one inspiring benefit for each goal.</i> 1. 2. 3.	My 3 KEY Action Steps are: <i>Ideally one action per goal!</i> 1. by 2. by 3. by <i>Signed:</i> <i>Date:</i>
I Have Now Let Go of: In the past I..... <i>You may still be working on these, but by putting them in the past tense, it helps you to act 'as if' you have let go!</i> 1. 2. 3.	
<i>"Only those who will risk going too far, can possibly find out how far one can go." – T.S. Eliot</i>	For personalized coaching and to learn more about The Master Key System with Paul Sahota visit... www.paulsahota.com

STAY ON TRACK – Be Accountable

Now you have completed this Summary Sheet, cut it out and put it somewhere you will see it regularly like your desk, fridge & bathroom mirror.

