

2019 YOUR BEST YEAR YET (Part 2)

HOW TO GET CLEAR ON YOUR GOALS FOR 2019

Write down what you know you will accomplish in 2019 (things you have 100% confidence you will complete this year).

1. _____
2. _____
3. _____

Warning: These are not goals - yes, they may still be challenging and require time and commitment, however if you know you will accomplish them already it is not a goal they are actions and milestones.

Write down one goal you want to accomplish in 2019 (something that requires a change in your actions/ behaviour/ lifestyle/ mindset). Refer to your Circle of Life (Part 1) for inspiration.

Goal: _____

Write out your WHY? Why is it important you accomplish this goal in 2019?

On a scale of 1-5 how likely are you to fail at this?

(1 = no chance of failing, 5 being over 50% likely I will fail)

1 2 3 4 5

Scale:

1-2 = goal is not big enough, consider what you can do to make this goal bigger and more of a challenge for you.

3-4 = the goal is going to be a challenge but you are fairly confident you will accomplish it, what additional step would make this goal more challenging to achieve?

5 = this is an audacious goal, good for you! These next steps are really important to help you prepare for taking action



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PLANNING AHEAD

My Goal:

Date to be achieved: / /

The BIG 3:

1. What is holding me back from achieving this goal?

2. What must I fully commit to in order to achieve this goal?

3. How will I be accountable for my actions?

NOTES/THOUGHTS/IDEAS:

Share your goal sheet on Instagram and tag @heidi_jones_coaching
for on-going support and accountability.

