

GOALS

GOAL SETTING TEMPLATE

Take an idea for a goal you feel strongly about that you'd like to flesh out in more detail. With this idea, work through the reflection questions from the PROUD list below.

PROUD	REFLECTION QUESTIONS	THOUGHTS
PURPOSE & PASSION	<ul style="list-style-type: none">• What is the purpose of the Goal?• How does it link to your bigger plans, your life (see Chapter 2) and your values (see Chapter 3)• Does it align to your passion, the things you love to do and that bring you joy inside and outside of work?	
REVOLUTIONARY & REALISTIC	<ul style="list-style-type: none">• What change is going to come when you achieve this goal?• How will that change influence your life and your work?• Is the goal a daydream or is there some reality to it?• Have you shrunk it too much because it's too big or too far from reach? Have you made it so big you feel it's impossible?	
OPPORTUNITY & OPTIONS	<ul style="list-style-type: none">• What opportunities, resources and people are out there to help you along the way? (Chapter 7)• How could you seek these things out?• What are the different routes and options for you now?• How could you decide which route to try first?• What about Option B, C, D?	
UNIQUE & UPLIFTING	<ul style="list-style-type: none">• What about the goal is personal and for you? (Vs. tagging along with someone else's goal or taking an opinion on what you should do as instruction)• Does the idea of working on the goal light you up?• Can you feel the desire to make it happen growing?	

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DESTINATION & DETERMINATION	<ul style="list-style-type: none">• What will be different in your world – both when you've achieved it and in the steps along the way?• What are you prepared to put in to make it happen? (Active WorkJoy Formula – see chapter 1)• What might you need to learn and develop? (Chapter 6)• What boundaries might you need to set or adapt to make it happen? (Chapter 4)	

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My Goal – Remember to keep it SIMPLE, POSITIVE & TIMED	
My Action Plan – the steps you'll take to get there (the smaller the better!)	
Who can help me – remember to engage your squad!	
Key Dates – milestones and outcomes	
Measures of Success – how will you know when you're making progress and when you've achieved your goal?	