

 Here We Grow  
**I'm a Goal-Getter**

My FOCUS: \_\_\_\_\_

1 I am:

*My 1st Goal*

Write your goal as if you have already arrived at your "destination".

3

*My Starting Point*

To get where you're going you need to know where you are. What do you currently know, feel and do?

4

*What I need...*

List what you will need to succeed. What will you THINK, FEEL and DO?

6

2

Create a list of big, exciting ways to honor your focus area. Wouldn't it be amazing if...

Choose 1 of these to be your first goal.

*My Map*

Starting at your goal, work backwards to create 3 guideposts that will mark your journey.

5

#3

#2

#1

Great! You did it! Well done, You!  
Now it's time to create the habits that will help you. Here We Grow!  
Check out the Designing New Habits tool.