

# ACCOMPLISHING MY GOALS

*“By recording your dreams and goals on paper,  
you set in motion the process of becoming  
the person you most want to be.”*

*Mark Victor Hansen*

<b>GOAL</b> What do I want to accomplish?	
<b>VALUE</b> Why is this goal important to me?	
<b>MEASURE</b> How will I know I have achieved my goal?	
<b>ACTION!</b> What action steps are needed to accomplish my goal?	
<b>PREPARE</b> What are potential roadblocks towards accomplishing my goal and how will I handle them?	
<b>EXCUSES</b> What excuses will I use if I don't accomplish my goal?	