

# #*Start Dreaming*



## Winning your Dreams goal setting:

Goals should drive our to do lists on a daily basis. Here are some tips to keep you on track to reaching and achieving your goals and dreams.

Create to do lists daily. No brainer, right? Prioritize your list. This planner allows you to create a top 3 to do list every day so that you are mindful of your daily progress and setting yourself up for success.

Share your goals with someone close to you. Have someone to hold you accountable and to push you when you don't believe in yourself.

Say NO!!! If it doesn't align with one of your goals then don't take it on. It is okay to say no.

Organization-----If your life is not organized, get to simplifying and straightening! Organizing allows you to be more efficient and productive.

Review financial goals on a monthly basis to keep focused and on track. Add, change and modify as needed. Stay on budget and you will make huge strides in your financial goals.

Reward yourself when goals are achieved. Take time to celebrate.

Make health part of your daily life. Change is not always easy but by adding health as a priority and mindfully creating a schedule that involves exercise and healthy eating will change your life!!

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## Winning your Dreams

## goal setting:

Take breaks. Schedule short breaks throughout your day in order to maintain your focus and productivity level. It's also important to plan vacations every now and then to get away from all the hustle & bustle and give yourself a chance to recharge.

Check failures: Did you fail a goal? Let go of past mistakes and see them as learning opportunities and part of your journey. Which is worse, to fail at trying or never try?

It doesn't matter your financial institution, your marital status or stage in life. We all should set goals for ourselves to learn and to continue growing to better our lives. Without goals we have nothing to strive for or DREAM ABOUT!

This planner is organized to make it efficient and easy to track, plan and set goals. Goals are a destination we are headed and results you are trying to achieve. They are reached by strategically recognizing them and creating action steps and projects to get you there.

Use this section to write down both personal and professional goals. Goals should be both broad and specific, being quantitative as well. Keep goals realistic and achievable, but keep in mind you are much more capable than you may give yourself credit for. So also reach for your BIG DREAMS and push yourself. If you are not nervous about being able to achieve the goal, then dream bigger!

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goals should be smart



Specific:

Well-defined for what you want to achieve

Measurable:

Is this something that can even be achieved? How will you be able to track it?

Attainable:

Can you achieve this goal? If you can, is everyone else on your path onboard with this goal?

Realistic:

Don't set a goal that you can not achieve. That is setting yourself up to fail. But don't make it too easy on yourself either!

Time-based:

Always give yourself a deadline and stick to it!

***Now, let's go make DREAMS happen!***

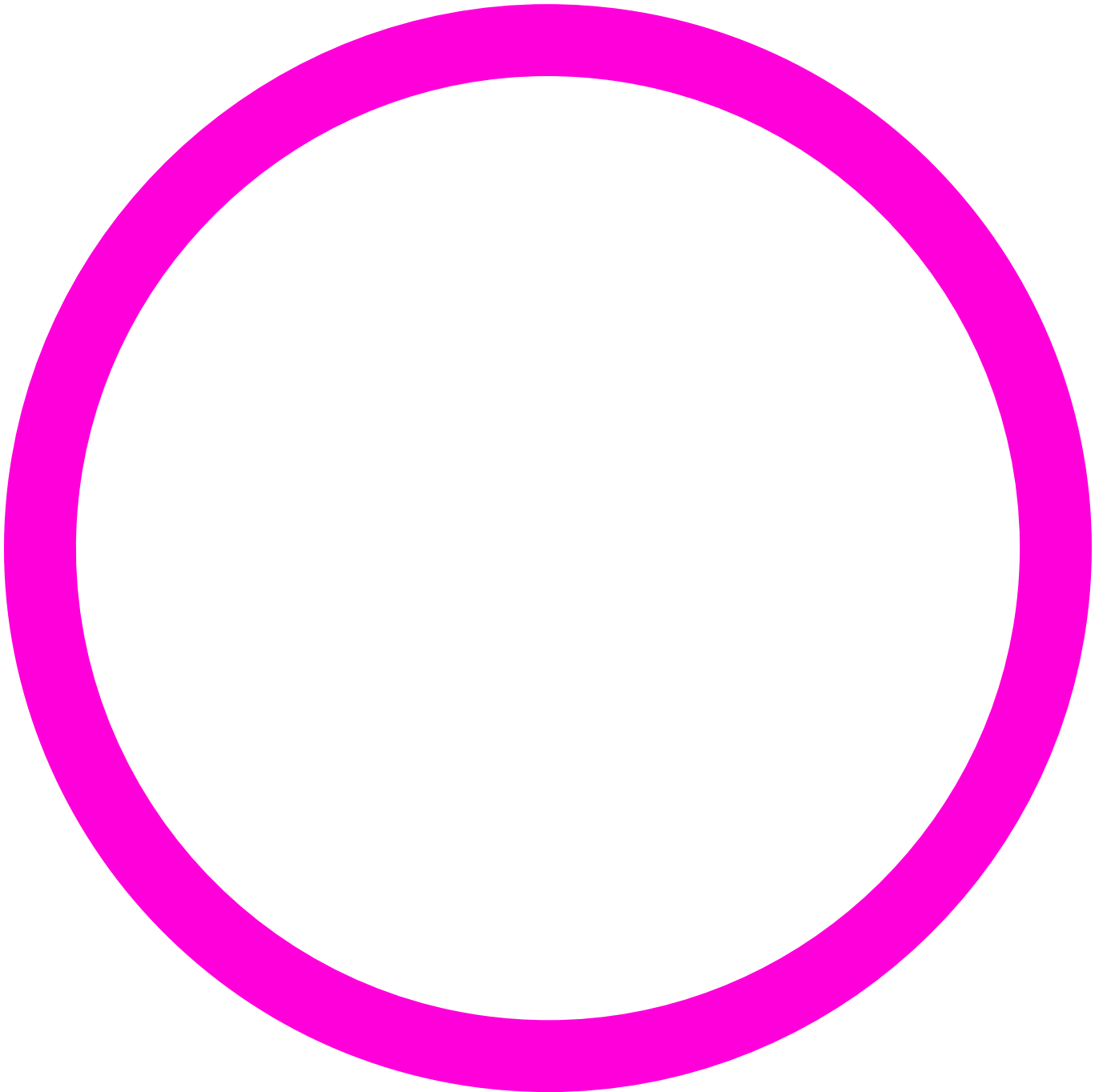
# #*Start Dreaming*



goal #1

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



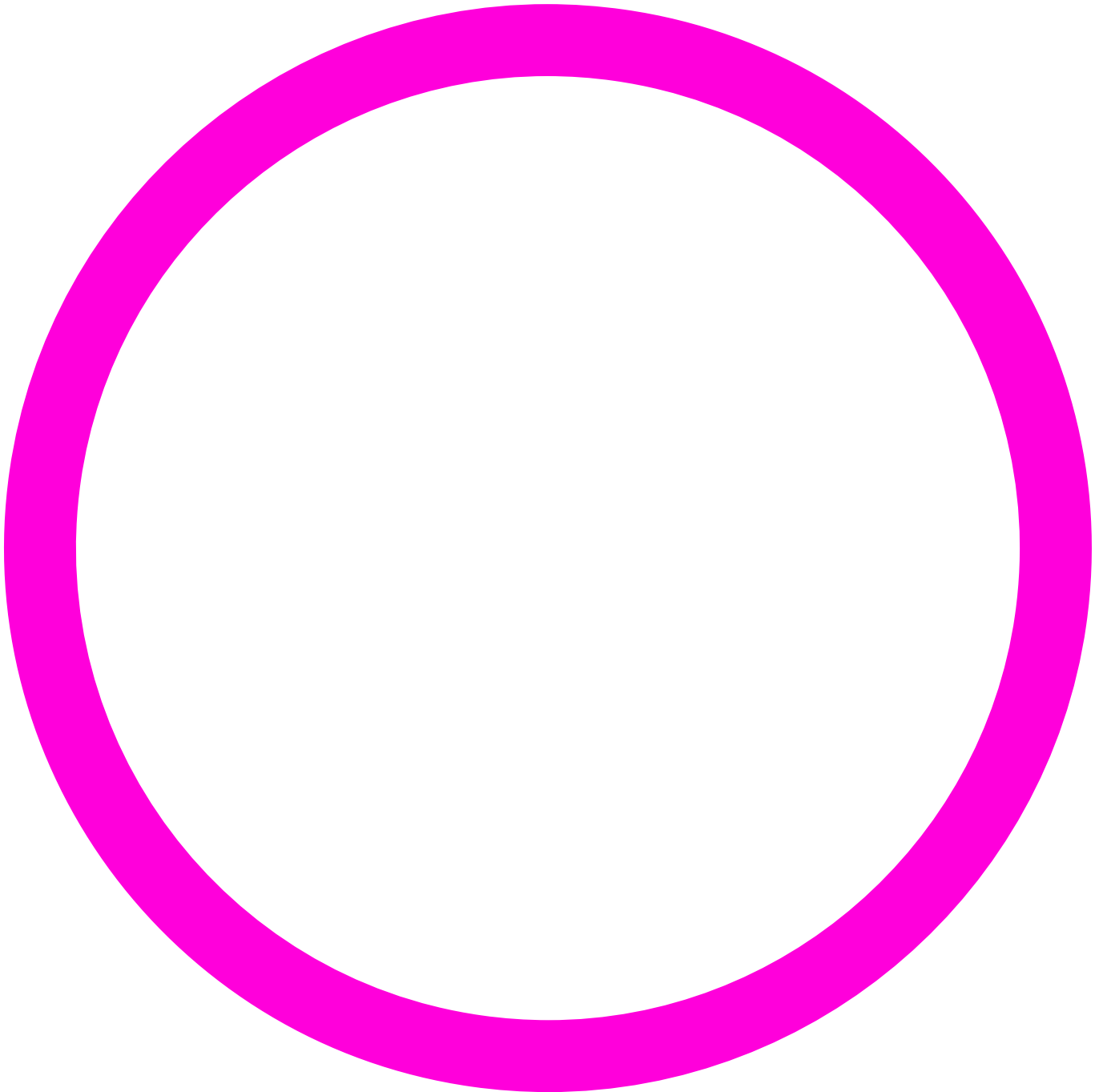
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goal #2

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



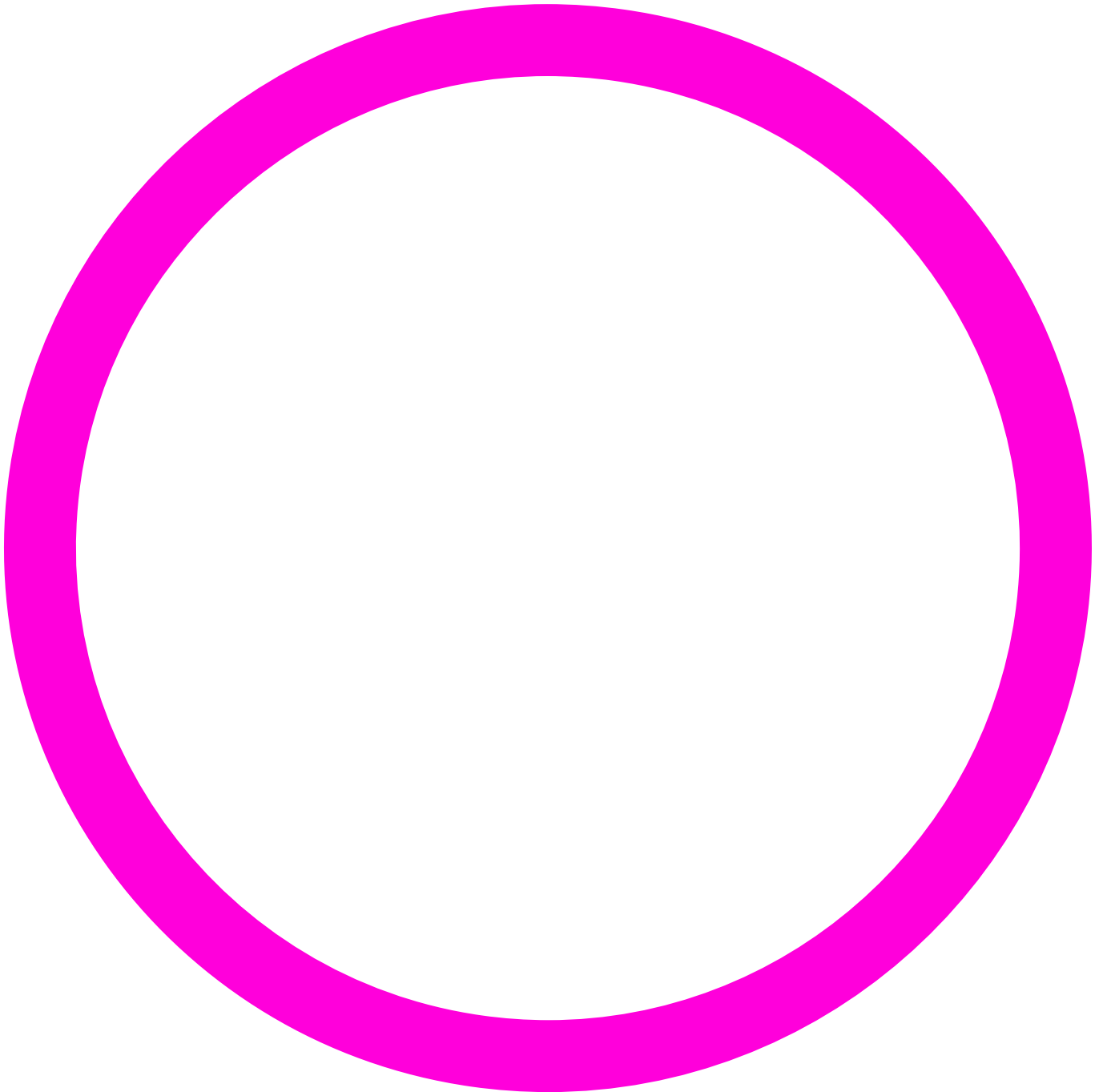
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goal #3

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



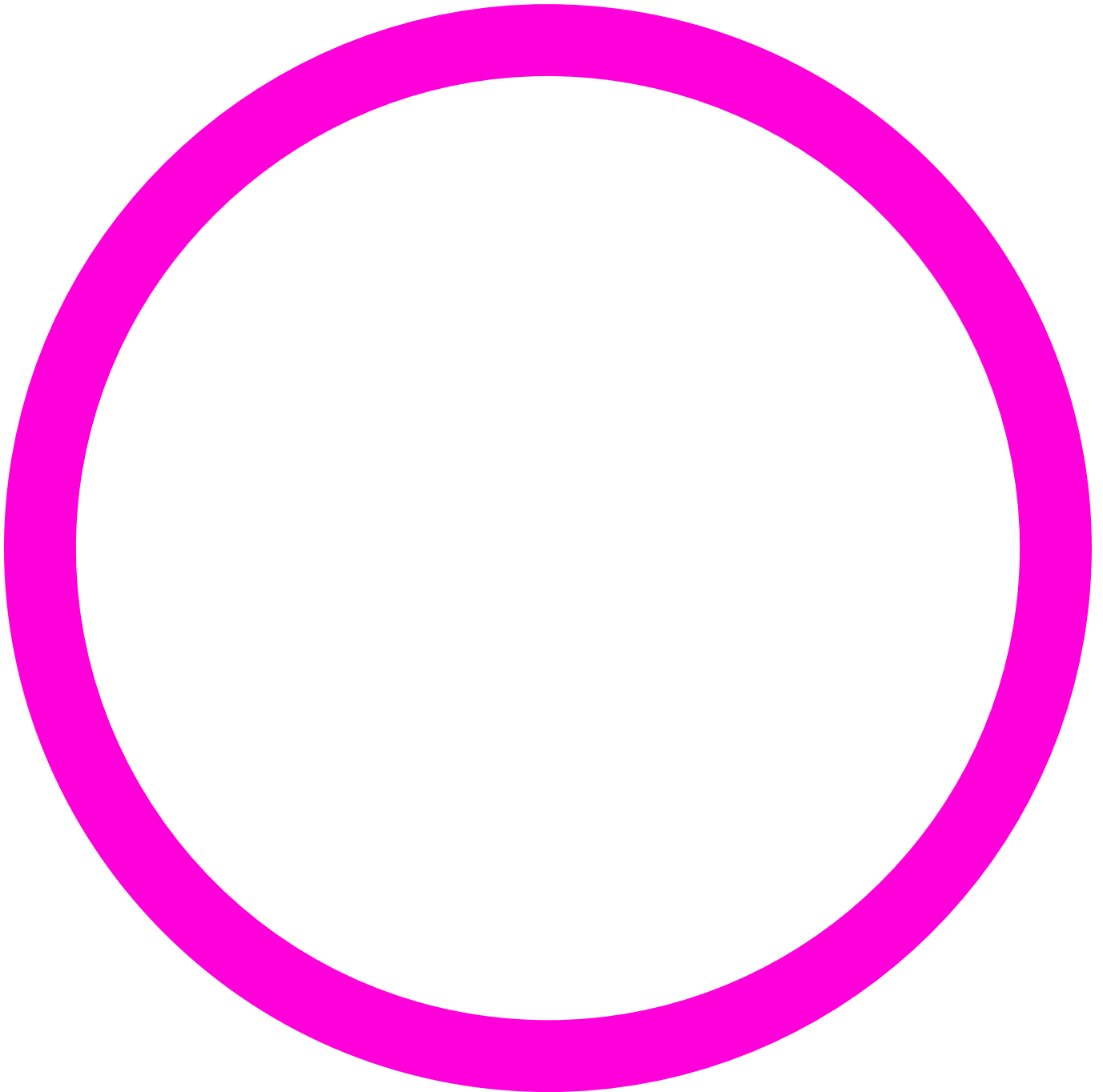
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goal #4

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



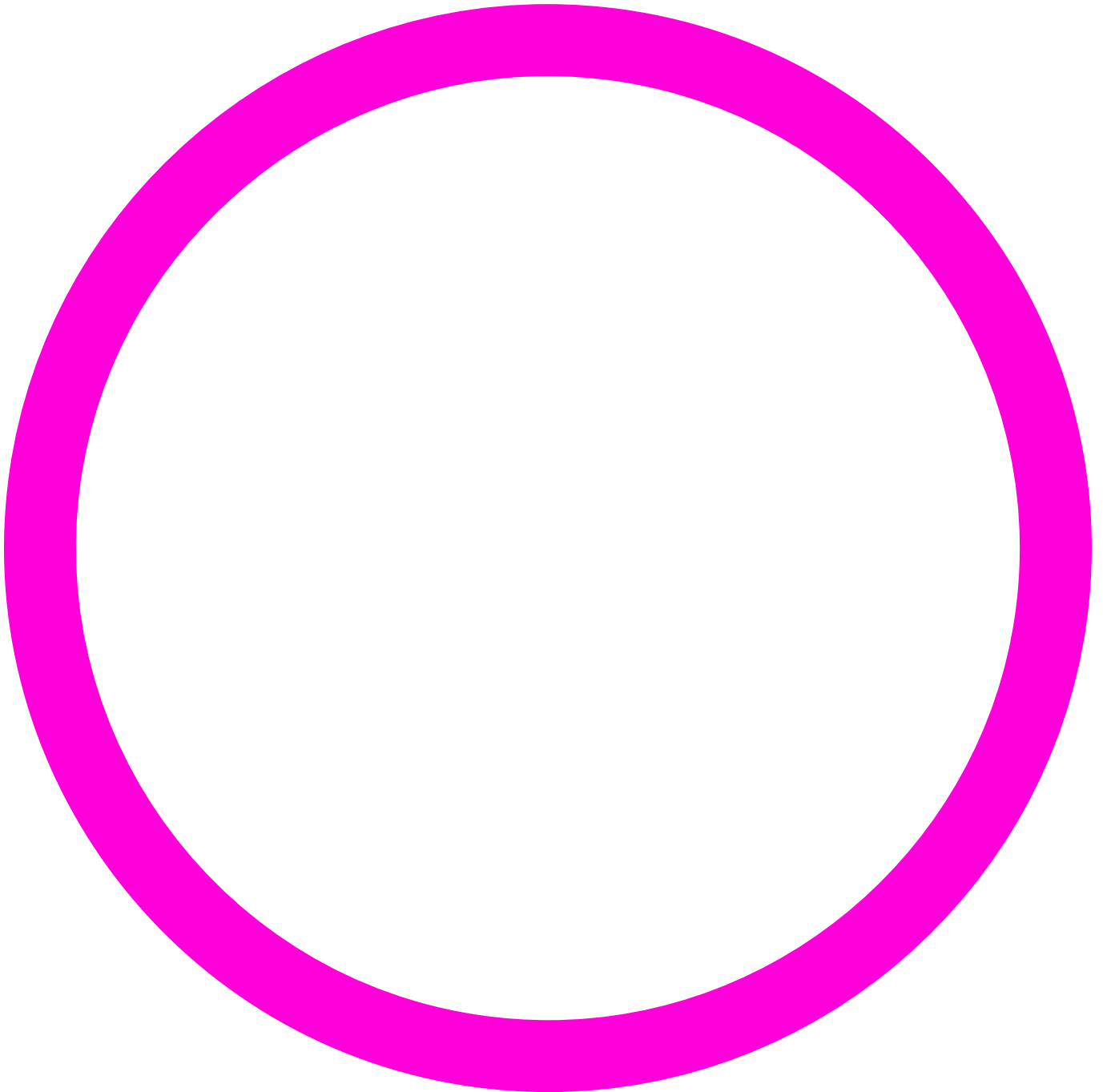
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goal #5

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_





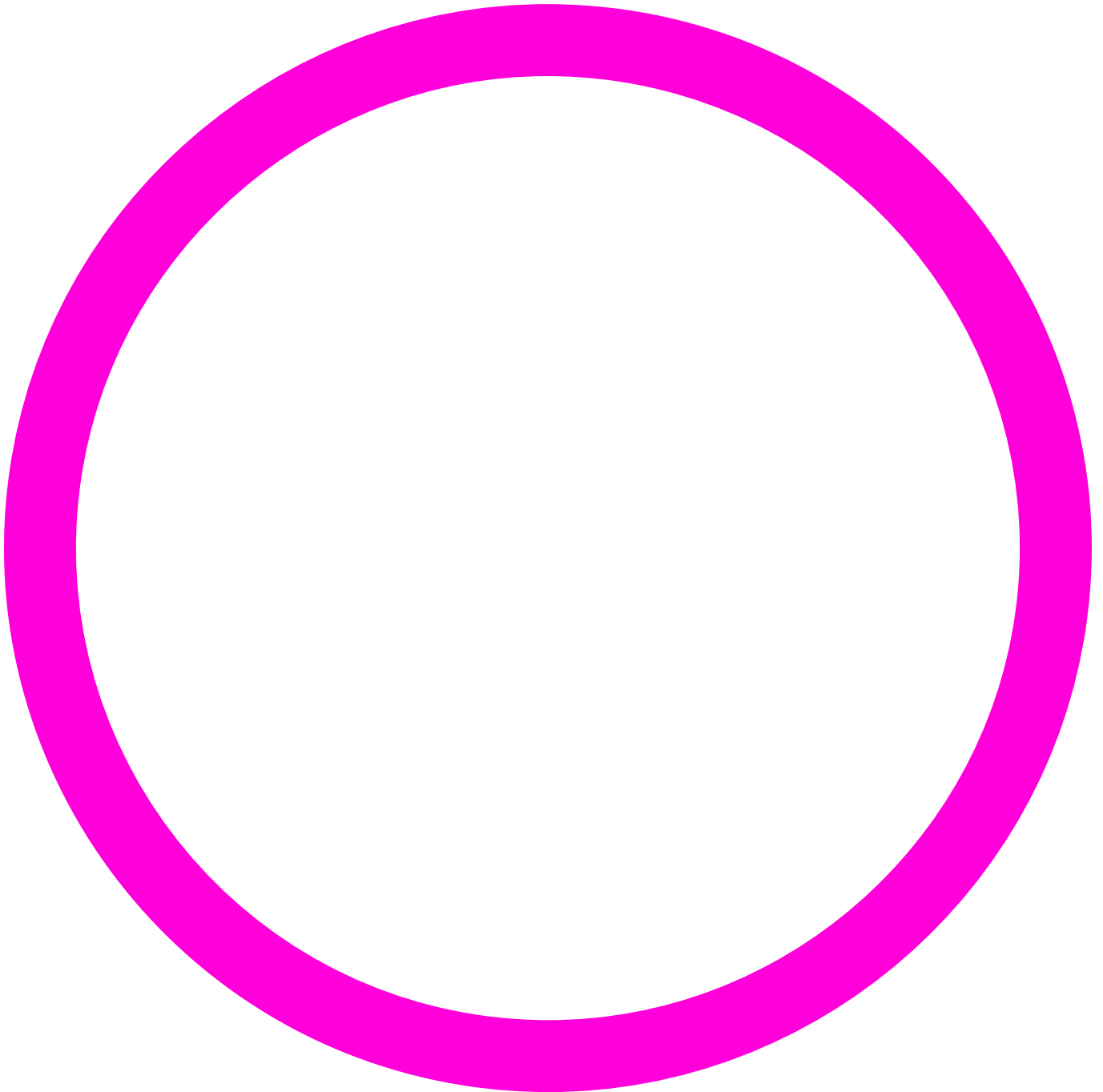
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goal #6

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



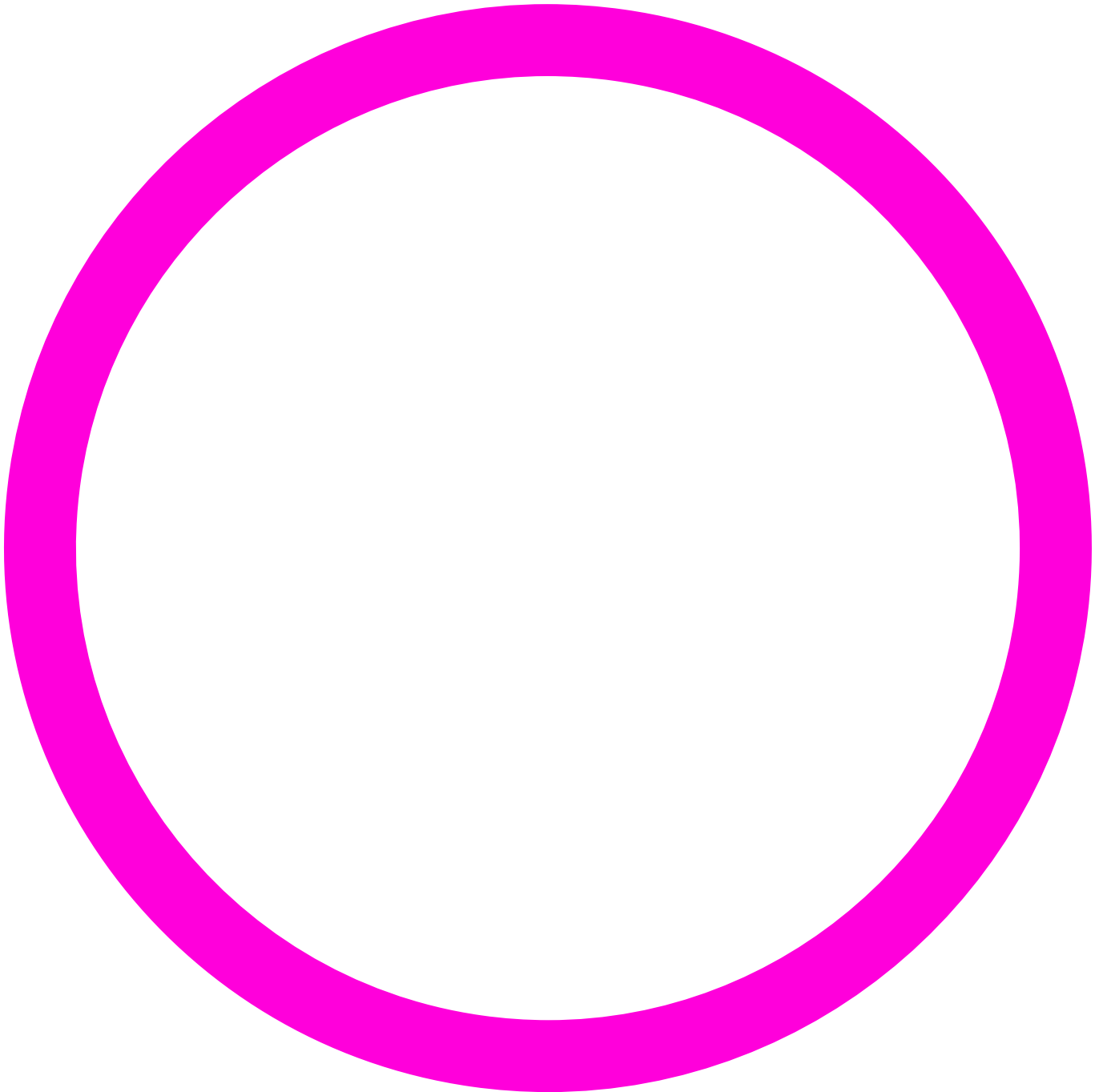
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goal #7

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



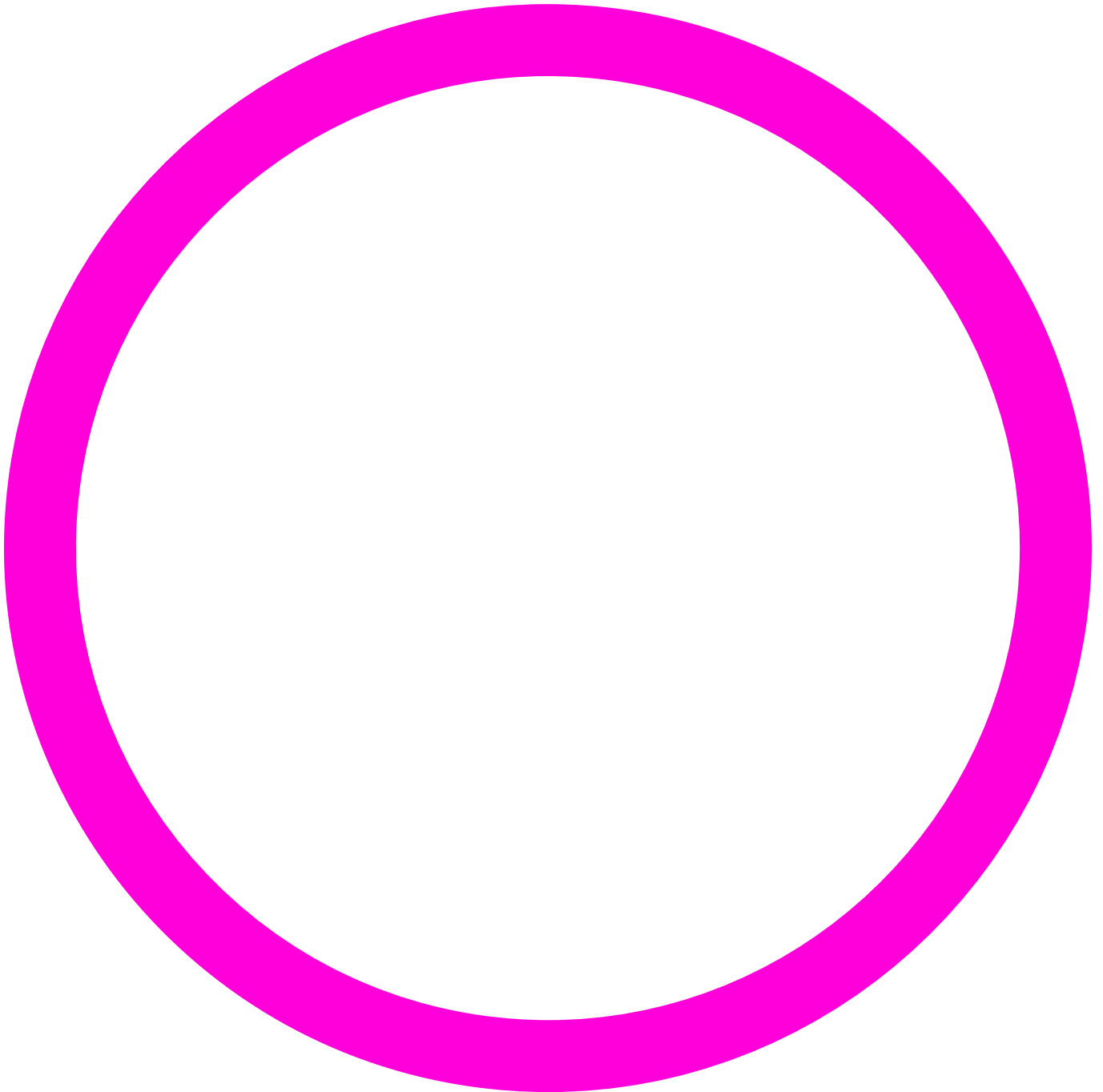
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goal #8

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



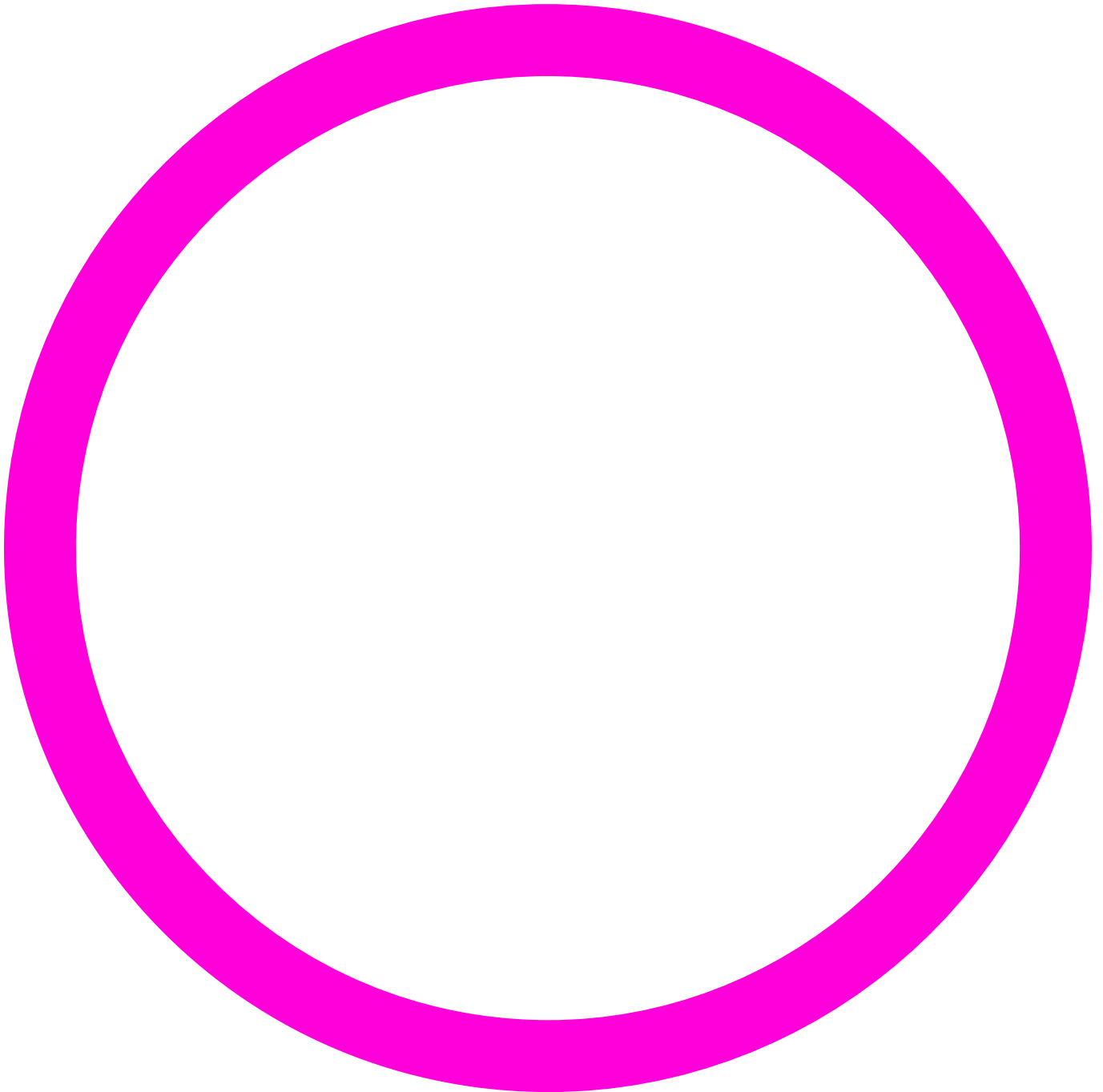
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goal #9

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_



# #*Start Dreaming*



goal #10

goal date: \_\_\_\_\_

completed date: \_\_\_\_\_

