



Gain by Good Goals Guide

My Goal: _____

Good Goal setting will give you these benefits: easy prioritizing, motivation, and focus.
A good goal defines the **why**, the **what**, and the **when**.
This simple step-by-step guide will help you set your goals. Good luck!

1) Define the WHY

A goal has to be **inspiring**, so you are motivated to work towards the goal.

Answer the following question: why is this goal important to me?

Think about: What will this bring me? Which of my values will be met? Which purpose or higher goal will be served? Who else will benefit? How will reaching this goal make me feel?

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Example: I would like to visit Paris. This will bring me lots of joy and fulfillment. I love old architecture, art and French culture. I want to go there with my loved one who will also be very happy about going there together and spent time in this romantic city.

2) Define the result, the WHAT

This is also called the Definition of Done. The objectively observable or measurable result.
Write down and sketch what it will look like, what you did, or what you delivered.

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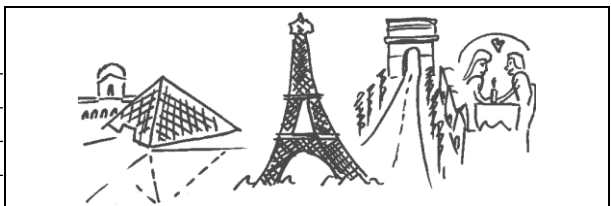
Example:

Visited the Louvre

Visited the Eiffel Tower

Been shopping on the Champs-Élysées

Had a Romantic dinner



3) Set the LifeLine, the WHEN

The third and final thing to add is the LifeLine, the 'when,' the date at which your deliverables are there.
Pick a date, which is a balance between too easy and mission impossible. It should give you the urgency to start and not stress you out.

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Example: July 12th, 2020

Well done!

If you have a question or suggestion, please send an email to service@mytimecreator.com