

Worksheets for:

A Simple System To Achieve Your Goals

Note:

This book and the related worksheets were developed by a friend of mine who I have a lot of respect for. After I looked at the content I thought many of my loyal readers would benefit from this as well. So, I approached him about purchasing the rights to publish it and offering it to you.

I decided to offer it on an honor basis. That is – after you’ve had a chance to download it, read it and even use it – then you can decide if it is of any value to you.

If you like the content and can put it to use then I would ask that you donate to help defray my costs of licensing and publishing this.

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<http://www.horsetrainingresources.com/goals>

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Goals Brainstorming

If your life could be anything you wanted it to be, what would it be *right now*?

Where would you live? _____

What would your house be like? _____

Who would your friends be? _____

Achieve Your Goals

Would you work? If so, what would you do? If not, what would you do?

What do you want to learn? To know? To be? _____

Where would you like to vacation? What would you do? _____

Permission Goals

Permission goals are just what they sound like: Things you really want and could easily have with the resources you have now, but that you just haven't given yourself permission for.

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

Achieve Your Goals

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

What's the goal? _____

Why don't you have it? _____

Is there a pattern? If so, describe it: _____

Things To Get Rid Of

Like Permission Goals, these can be extremely easy or terribly difficult. They're the things that exist in your life right now that you'd be better off without. Habits, clutter, distressing people, unpleasant environmental factors, unnecessary expenses, fixations, collections, annoying verbal habits... Anything at all that you'd be better off without.

Just complete each sentence, put a deadline on it and make it happen.

I want to eliminate _____

by ____/____/____ When that's done, my life will be better because: ____

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Achieve Your Goals

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Inventory: Financial resources

Cash on hand: \$ _____ .00

Credit line(s): \$ _____ .00

Liquid assets: List what could be immediately converted to cash.

- 1. _____ Value: \$ _____ .00
- 2. _____ Value: \$ _____ .00
- 3. _____ Value: \$ _____ .00
- 4. _____ Value: \$ _____ .00
- 5. _____ Value: \$ _____ .00
- 6. _____ Value: \$ _____ .00
- 7. _____ Value: \$ _____ .00
- 8. _____ Value: \$ _____ .00
- 9. _____ Value: \$ _____ .00
- 10. _____ Value: \$ _____ .00

Total liquid assets: \$ _____ .00

Invoices payable to you: \$ _____ .00

Total: \$ _____ .00

- Invoices you owe: \$ _____ .00

Current net cash position: \$ _____ .00

Inventory: Financial resources 2

Revolving Debt

Revolving debt: (credit cards, home equity lines, etc):

\$ _____ .00

How soon do you want to eliminate this debt? ____/____/____

Monthly Cash Flow

What is your total current monthly income? \$ _____ .00

What is your total monthly spending? \$ _____ .00

Your monthly net income is: \$ _____ .00

Inventory: Financial resources 3

Convertible assets (Stuff you don't need and can sell):

Investments and Real estate:

Inventory: Financial resources 4

List all your cash-generating assets - any products, inventory, rental properties, intellectual property (if supported by a sales process), and anything else that creates (or could easily be set up to create) income:

List any other financial resources you may have:

I Really Enjoy...

A simple list, but you need to take it very seriously. Be honest with yourself.

What three things in life do you really enjoy the most? What would you do if money wasn't a concern and never could be?

- _____

- _____

- _____

Step-by-Step

What specific goal are you outlining right now?

(Step 1) What is the last thing I need to achieve before this step is made reality?

(Step 2) And just before that?

(Step 3) And before that?

(Step 4) And before that?

(Step 5) And before that?

(Step 6) And before that?

(Step 7) And before that?

(Step 8) And before that?

Achieve Your Goals

(Step 9) And before that?

(Step 10) And before that?

(Step 11) And before that?

(Step 12) And before that?

(Step 13) And before that?

(Step 14) And before that?

(Step 15) And before that?

Taking The Step

The step I am focusing on right now is:

1. What financial resources do I need to accomplish this? How much will it cost? Will I need credit? A consistent level of income? Insurance? Real estate?

2. What skills will I need to achieve this? What do I need to know how to do?

3. What contacts will I need to achieve this? Who can help me get there? Who do I know, and who do they know? What do I need to do in return? (Or in advance...)

Taking The Step 2

4. How much time will this stage take? Overall? Per day?

5. What systems will I need to have in place to achieve this? Will I need help, or can I do it alone? What technology is necessary? What will help speed this up?

6. How can I make this part easier on myself? What can I do to achieve this faster, cheaper, and with less risk?
