



Daybreak Solutions
Personal Life Coaching
Accomplish goals and realize dreams

Motivation and Goal Setting

1. What are your lifetime goals?
2. What are your goals for the next three to five years?
3. What are your goals for this coming year?
4. What are the things you need to do in order to accomplish this year's goals? Break this down into very small steps.
5. Make a major "to-do" list. List all the things you will do this week, and the things you will do today that relate to your goals for this year. Are there classes you will take? Will you volunteer in the community? Include everything else you "need" to do this week as well, such as grocery shopping, laundry, etc.
6. Now ask yourself which of these activities you really enjoy doing. Which are not so much fun? Which do you avoid? How many things you dislike doing relate to your lifetime goals? What do you think you should do about this???
7. What are the consequences of achieving these goals? What are the rewards? The internal feelings? What will others think? Will there be fame and fortune? Will there be additional self-knowledge and satisfaction? What's the true internal and/or external pay-off for achieving your goal?
8. Do you really want this goal, or do others believe it is what you want? Decide today what your priorities are and take the first step. This could mean changing what you thought your goals were!