

GOAL STRATEGY GUIDE & SHEET



Creating Your Goal Strategy

By Maurice Williams

There is much truth in the saying, "Out of sight, out of mind." I, myself, have lost the mental fortitude to complete a goal because I forgot about it. I wanted to achieve the goal, the desire was there, but I wasn't reminding myself about it enough and ultimately the execution fell to the way side. Our daily lives are filled with so much, that a goal can get lost. For these reasons, it is absolutely necessary for people attempting goals to make their physical and mental environments all about accomplishing their goals. Check out some of our steps below to keep your goals in front of you.

Goal Strategy Sheet

Steps to keep your goals in front of you (Select 2 or all)

- Take a screenshot of your goals and make it your screensaver on your phone, social media profile picture, computer/laptop (My favorite).
- Post goals in a place you frequent most (refrigerator, board at home, mirror, etc).
- Set a reminder on your phone each day to view, meditate, and visualize completing goals.
- Affirm your goals through positive words/quotes.
- Get an accountability partner, schedule weekly calls to discuss goals.
- Commit to making social media post about your goals at least once a week.
- Surround yourself around people, things, and media that is supportive of your goals.
- Create a goals journal to track success.

Goal: *What is the goal?*

Why: *Why do you want this goal? What will accomplishing this goal do for you?*

Action Steps: *What are the steps to complete this goal?*

Deadline: *Create a deadline to complete this goal.*
