



## Goal Checklist

- Create one specific goal to achieve
- Identify and record an emotional reason to achieve your goal
- Visualize what will be different when you reach your goal
- Anticipate and plan for any possible unpleasant side effects of reaching your goal
- Identify any tools or skills you will need to accomplish your goal
- Seek out any person who has achieved something similar to your goal
- Obtain items you need to achieve your goal
- Review current schedule while determining your goal timeline
- Schedule your tasks and action steps to achieve your goal
- Contact those that will or could help you achieve your goal
- Determine a method to measure your goal progress
- Create new habits with habit triggers
- Recruit or hire an accountability partner or goal mentor
- Celebrate successful achievement of goal!
- Send email to [Elizabeth@ThriveThisDay.com](mailto:Elizabeth@ThriveThisDay.com) to share success!