

My 2 nd Quarter Intention & Goal	My Year-End Intention & Goal

Success formula ... fuel your intentions and inspired actions by knowing the emotional and intangible factors related to achieving your goals.

Motivation

WHY I want these goals? <i>(the specific outcomes you are looking for)</i>	
List ALL the Benefits here <i>(of attaining your goal)</i>	
The BIG Benefit <i>(of achieving goal)</i>	
What is the PAIN? <i>(of NOT achieving your goal)</i>	
Achieving this Goal will also help me <i>(other areas)</i>	

Obstacles or Challenges

What obstacles or challenges may I encounter?	
Ways to get past the obstacle(s) or challenge(s)?	

How will you or your business need to be different ?

(a worthwhile goal often requires us to look at or do things differently)

In order to achieve this goal I/we will START doing	
In order to achieve this goal I/we will STOP doing	
In order to achieve this goal I/we will need to be someone that is	

Moving Forward

Resources available to achieve this goal	
Resources I will need to achieve this goal	