



THE  
**GOAL**  
JOURNAL

ALL RIGHTS RESERVED. No part of this report may be modified or altered in any form whatsoever, electronic, or mechanical, including photocopying, recording, or by any informational storage or retrieval system without express written, dated and signed permission from the author.

AFFILIATE DISCLAIMER. The short, direct, non-legal version is this: Some of the links in this report may be affiliate links which means that I earn money if you choose to buy from that vendor at some point in the near future. I do not choose which products and services to promote based upon which pay me the most, I choose based upon my decision of which I would recommend to a dear friend. You will never pay more for an item by clicking through my affiliate link, and, in fact, may pay less since I negotiate special offers for my readers that are not available elsewhere.

DISCLAIMER AND/OR LEGAL NOTICES: The information presented herein represents the view of the author as of the date of publication. Because of the rate with which conditions change, the author reserves the right to alter and update his opinion based on the new conditions. The report is for informational purposes only. While every attempt has been made to verify the information provided in this report, neither the author nor his affiliates/partners assume any responsibility for errors, inaccuracies or omissions. Any slights of people or organizations are unintentional. If advice concerning legal or related matters is needed, the services of a fully qualified professional should be sought. This report is not intended for use as a source of legal or accounting advice. You should be aware of any laws which govern business transactions or other business practices in your country and state. Any reference to any person or business whether living or dead is purely coincidental.

Copyright ©

# THE GOAL JOURNAL

**W**hat is most important to you? What do you want to accomplish with your life? What do you want to be known for? How can you use your gifts to make the world a better place?

**Goals are a compass.** It provides you with direction on where you want to be, no matter where you start.

You see, goals guide your daily actions because the end result you're working toward provides purpose for what you do on a daily basis.

For example, if a goal is to run a marathon within 6 months, then the consistent actions of training daily and eating a healthy diet serve a directed purpose toward that goal. Without that end goal in mind, we often feel aimless and lost.

This journal is designed to open your mind to new opportunities and discover exciting new plans that bring you even greater joy, peace, and happiness in your life.

But goals require commitment. **Commitment to the pursuit of progress is one of the greatest powers you can have over your life.**

Flip through the pages and answer the journal prompts honestly and thoughtfully. This will help you gain clarity about your future and encourage commitment to the steps you need to take on the way there.

**Let's begin...**

“Think LITTLE goals and  
expect LITTLE achievements.

Think **BIG** goals and  
win **BIG** success.”

- DAVID JOSEPH SCHWARTZ



WHAT IS ONE **BIG** THING YOU WOULD LIKE TO ACCOMPLISH IN YOUR LIFETIME? DESCRIBE IT IN DETAIL. WHY IS THIS IMPORTANT TO YOU?



LIST THE TOP FIVE PLACES YOU WANT TO VISIT. **WHY?**  
WHAT NEEDS TO BE IN PLACE TO MAKE THIS HAPPEN?



WHAT ARE YOUR **CORE VALUES**? ARE YOUR CURRENT GOALS IN ALIGNMENT WITH YOUR VALUES? IF NOT, WHAT CAN YOU CHANGE TO BETTER SUPPORT YOUR VALUES?





“ Set your  
goals high,  
and don't stop  
till you get there. ”

- BO JACKSON




WHAT IS YOUR **GREATEST BARRIER** TO SETTING BIGGER GOALS?  
HOW CAN YOU REMOVE OR REDUCE THIS OBSTACLE?



IF YOU HAD **UNLIMITED RESOURCES** - TIME, MONEY, CONFIDENCE,  
AND PERSISTENCE - WHAT WOULD YOU DO?



LIST **FIVE THINGS** YOU CAN DO EACH DAY TO MOVE CLOSER TO YOUR MOST IMPORTANT GOAL. HOW CAN YOU INTEGRATE THESE ACTIVITIES TO YOUR CURRENT ROUTINE?





“I will keep smiling, be positive and never give up!

I will give 100 percent each time I play. These are always my goals and my attitude.”

- YANI TSENG



DESCRIBE YOUR **BIGGEST SUCCESS** TO DATE. WHAT WERE THE STEPS YOU TOOK TO MAKE IT HAPPEN?




DESCRIBE YOUR **BIGGEST FAILURE** TO DATE. WHAT HAPPENED?  
WHAT ARE THE BIG LESSONS FROM THAT EXPERIENCE?



LIST **THREE THINGS** YOU WANT TO ACCOMPLISH IN THE NEXT MONTH. BREAK DOWN THESE GOALS INTO ACHIEVABLE STEPS AND SET DUE DATES FOR EACH STEP.

A large, empty rectangular box with a dotted border, occupying most of the page below the instructions. It is intended for the user to write their three goals and break them down into achievable steps with due dates.



“One way to keep momentum going is to have constantly greater goals.”

- MICHAEL KORDA



WHAT WERE YOUR **BIG DREAMS** AS A CHILD? TAP INTO YOUR SENSE OF **CHILDHOOD WONDER** AND ASK YOURSELF AGAIN TODAY: WHAT DO YOU WANT TO BE WHEN YOU GROW UP?

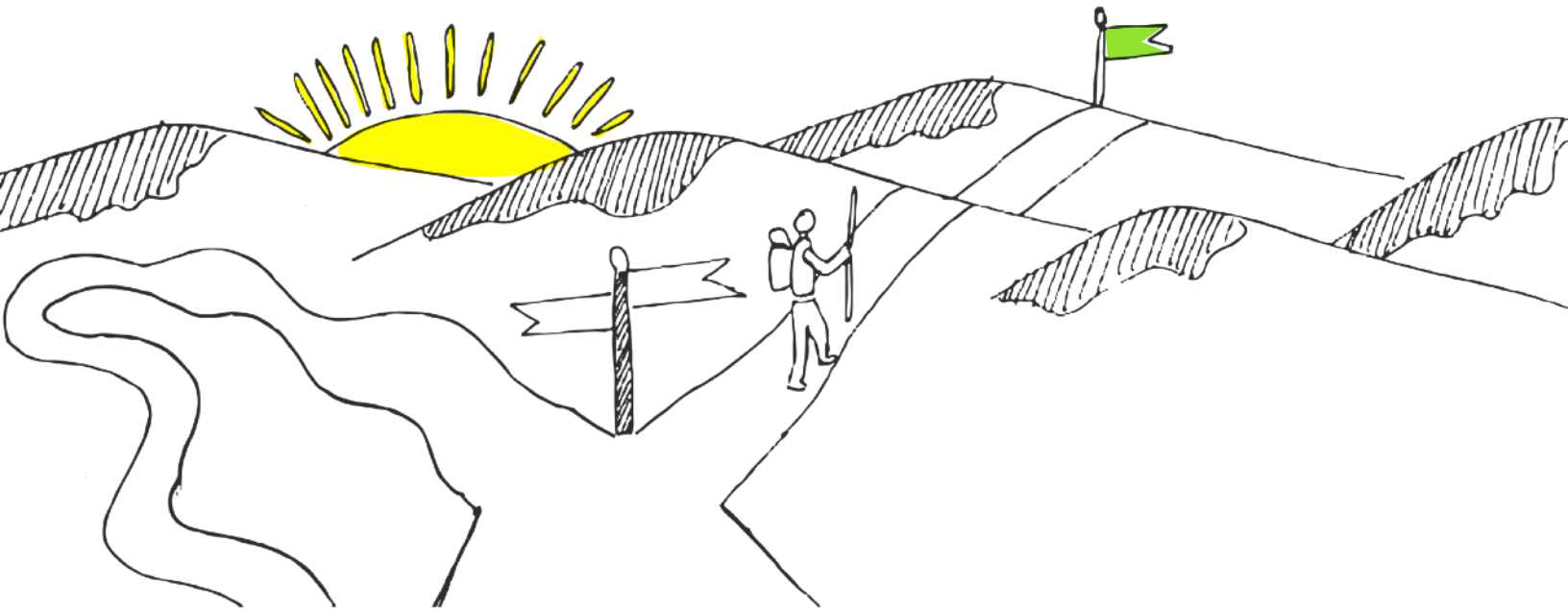


MAKE A LIST OF THE **KEY INDICATORS** YOU CAN REVIEW EACH MORNING TO ENSURE THAT YOU'RE ON TRACK WITH YOUR GOALS.

A large, empty rectangular box with a dotted border, occupying most of the page below the instruction. It is intended for the user to write a list of key indicators.

WHAT RESOURCES, KNOWLEDGE, EXPERIENCE, RELATIONSHIPS, OR SPECIAL TRAINING DO YOU NEED TO INCREASE THE ODDS OF SUCCESS? HOW CAN YOU ACQUIRE THESE RESOURCES?





**“PEOPLE WITH GOALS  
SUCCEED BECAUSE  
THEY KNOW WHERE  
THEY’RE GOING.”**

– EARL NIGHTINGALE

WHERE WOULD YOU LIKE TO **RETIRE**? WHAT DO YOU SEE YOURSELF DOING? DESCRIBE YOUR LIFESTYLE IN DETAIL.



WHAT **ATTRIBUTES** ARE NEEDED TO PERSEVERE TOWARD YOUR GOAL?  
WHO CAN YOU MODEL?



“When it is obvious that the goals cannot be reached, don't adjust the goals, adjust the action steps.”

- CONFUCIUS

WHAT ARE YOUR **INTERESTS** OUTSIDE OF WORK? WHAT MINI GOALS CAN YOU SET IN TERMS OF YOUR HEALTH AND HOBBIES?





WHAT WOULD **EXCITE** YOU EVERY MORNING? WHY?



**“YOU NEED TO  
OVERCOME THE  
TUG OF PEOPLE  
AGAINST YOU  
AS YOU REACH  
FOR HIGH GOALS.”**

- GEORGE S. PATTON



WHAT ARE YOU **LACKING** IN YOUR LIFE RIGHT NOW? WHAT IS AN ACHIEVABLE GOAL THAT CAN ADDRESS THAT LACK?



DESCRIBE A **TYPICAL DAY** FIVE YEARS FROM NOW. WHAT DO YOU SEE, HEAR, SMELL, AND FEEL? WHO ARE YOU WITH? WHERE ARE YOU? WHAT DO YOU NEED TO DO TO MAKE IT A REALITY?



“If you set goals and go after them with all the determination you can muster, your gifts will take you places that will amaze you.”

- LES BROWN

HOW CAN YOU MAKE THE NEXT 12 MONTHS YOUR **BEST EVER**? WHAT DO YOU NEED TO CHANGE TO MAKE THIS HAPPEN?



LIST THE **FIVE PEOPLE** YOU SPEND THE MOST TIME WITH. DO THESE PEOPLE CHALLENGE YOU TO BE BETTER? HOW CAN YOU SURROUND YOURSELF WITH EVEN MORE POSITIVE INFLUENCES?



IF YOU ONLY HAD **ONE HOUR** EACH DAY TO SPEND ON YOUR GOAL,  
WHAT WOULD YOU DO?







“Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.”

- PABLO PICASSO

HOW DO YOU DEFINE **SUCCESS**?



WHAT ARE YOUR **HEALTH AND FITNESS** GOALS? WHEN DO YOU WANT TO ACCOMPLISH IT BY?

A large, empty rectangular box with a dotted border, intended for writing health and fitness goals. The box is centered on the page and occupies most of the lower half of the page.



"I'M COMPETITIVE  
WITH MYSELF,  
BUT NOT WITH  
OTHER PEOPLE.  
I SET GOALS  
FOR MYSELF.

I DON'T REALLY  
CARE ABOUT WINNING  
OR LOSING AS LONG  
AS I DO MY BEST."

- LUCAS GRABEEL


DESCRIBE THE MOST **SUCCESSFUL PERSON** YOU KNOW. IN WHAT WAYS WOULD YOU LIKE TO BE MORE LIKE THIS PERSON? HOW CAN YOU BUILD THESE SKILLS OR ATTRIBUTES?

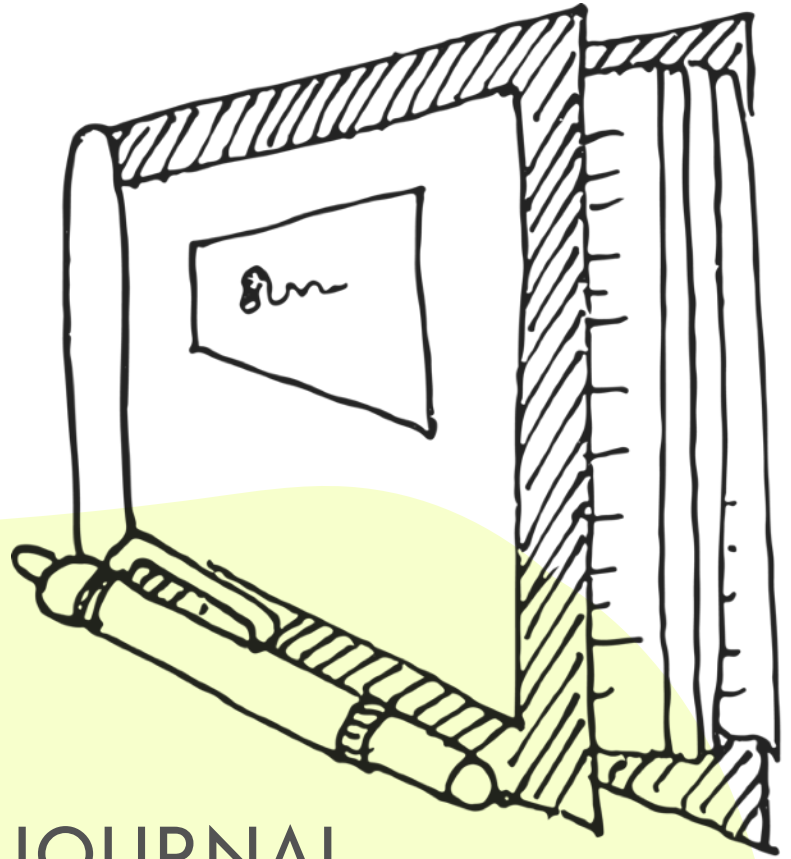


WHAT ARE FIVE **DAILY SUCCESS HABITS** YOU COULD DEVELOP THAT WOULD INCREASE THE LIKELIHOOD OF SUCCESS?



WHAT ARE THE BIGGEST TIME OR ENERGY **WASTERS** IN YOUR LIFE?  
HOW CAN YOU REDUCE OR ELIMINATE THEM?





“WRITING IN A JOURNAL  
REMINDS YOU OF YOUR GOALS  
AND OF YOUR LEARNING IN LIFE.  
IT OFFERS A PLACE WHERE YOU  
CAN HOLD A DELIBERATE,  
THOUGHTFUL CONVERSATION  
WITH YOURSELF.”

- ROBIN S. SHARMA



WHAT **SHORT-TERM GAINS** ARE YOU WILLING TO TRADE FOR A POTENTIAL LONG-TERM GAME-CHANGING WIN?



IMAGINE A GUN WAS AGAINST YOUR HEAD AND YOU NEEDED TO **ACT FAST**. HOW CAN YOU ACCOMPLISH YOUR 5-YEAR GOAL IN 6 MONTHS?



WHAT WOULD YOU DO IF MONEY WASN'T AN ISSUE, BUT YOU STILL HAD TO WORK 40 HOURS A WEEK?



