

We recommend that you listen to the full podcast on Spotify to help understand how to use this template effectively.

Link to full podcast: <https://open.spotify.com/episode/1p9HFpD1Eok5XKH8u15Npe?si=b554fc5dc4724734>

| **What are your most important goals?** | **Purpose and Motivation** | **Deadline** | **Be Self-Aware** | **Make it Practical & Achievable** |
| --- | --- | --- | --- | --- |
| **Goal:**  [example]  Become a better leader in in my workplace and home | **Why is this goal important to me?**  [example]  I want to be someone that people look up to and feel inspired to do and be better as a result. I want my kids to know how much of a great leader I am. | **When do you want to achieve this goal and why?**  [example]  By the end of December 2023. Good time to reflect on Christmas and see how far we have come together compared to previous years. | **What 3 patterns of action will prevent me from achieving my goal?**  [example]  **1 -** Complaining and speaking ill of others  **2 -** Becoming emotionally aggressive and reactive  **3 -** Not listening and talking over people | **What 3 patterns of action will help me achieve my goal?**  [example]  **1 -** Bringing positivity into every room and conversation by being positive.  **2 -** Investing in personal & professional development daily by reading books.  **3 -** Listening to people attentively and helping them to solve their problems.  **4 -** Serving my team. Even just the little things.  **5 -** Inspiring my team by sharing and living the principles that I learn |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will help me achieve my goal?** |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will help me achieve my goal?** |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will help me achieve my goal?** |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will help me achieve my goal?** |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will help me achieve my goal?** |
| **Goal:** | **Why is this goal important to me?** | **When do you want to achieve this goal and why?** | **What 3 habits will prevent me from achieving my goal?** | **What 3 habits will prevent me from achieving my goal?** |