



INTENTIONAL GOAL SETTING

The Dream Big Guide

AUNTEE RIK

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Use this guide to brainstorm and clarify at least one major goal for the next 90 days.

This guide is for your own personal business use only:

What you can do with this guide:

- Use the guide within your own business to work on your business projects.
- Edit the documents to include your business information and instructions for your team to use within your company.
- Give the documents to your virtual assistant and/or team members to work on your business projects for you.

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Thanks!

What is the one big goal I want to achieve for my business in the next 90 days?

What would I love to do more of in my business this year? (What energizes me and makes work feel like fun?)

Which part of my business would I like to get rid of?

Will getting rid of this get me closer to my goal?

What would I like to add to my business over the next year?

- My own eBook on Kindle
- An affiliate program
- Products for sale
- Service packages
- Webinars
- Videos
- Podcasts
- A membership site
- An event
- Mentoring or coaching
- An assistant
- VIP options
- Other

What changes did I make in the last year that proved beneficial to my business?

What one change could I make right now that will:

- Save me time
- Reduce stress
- Move me closer to my big goal
- Increase visibility
- Other

What do you do well that will move you towards your goal? How will it further your goal?

What do you need to outsource?

What would you like to outsource?

Have you set a budget for this quarter? How does your goal fit into your budget? (Will you need to generate extra cash?)

How much income do you need to achieve your big goal?

Name six things you are grateful for right now in your business

Is this my goal or is someone or something else pressuring me to achieve it?

What will achieving this goal do...

For me

For my family

For my business

For my community

For my subscribers

How can I tweak this goal so that it feels even better and gives back more?

Do I have all the equipment/software/services I need to comfortably meet this goal?

What do I still have to acquire?

Is anything stopping me from acquiring the item/person I need?

If so, how can I get past this block?

Have I listed all the steps I need to take to accomplish this goal?

Have I broken these steps down by month and put them in a schedule?
On a calendar?

What am I doing about accountability, to make sure I follow through on each step in a timely manner?

- Hire a coach
- Join a group
- Use a service
- Get an accountability partner
- Other

Have I set up a communication system, with roles and responsibilities clearly assigned?

Have I created regular check-ins?

PRODUCTS OR PROGRAMS I PLAN TO CREATE OR PROMOTE:

My Freebie:

My Products for Sale:

Affiliate Products:

FOLLOW UP TASKS:

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NOTES:

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