

10 Goals to Reach in the Next 180 Days

What are the goals you most want to set for yourself for the next 180 days? Please select only those goals which you really want, not the ones you should, could, oughta, or might want. Look deep inside then write down your 10 personal and professional goals and plan to discuss them with me. When you set the right goals for yourself, you should feel excited, a little nervous, ready, and willing to *go for it!*

Don't select the goals you historically have chosen but never reached, unless you're in a much better position to reach them now.

Start Date	Finish Date	The Specific Measurable Goal	Check
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Please develop a 3-step action plan or strategy for each goal and fine-tune this with me.

What are the personal and professional benefits to you of accomplishing these goals?

1. _____
2. _____
3. _____
4. _____
5. _____



Wind Beneath Your Wings