

GOAL BREAKDOWN FORMULA

You wrote up to 8 things you want, desire and dream about. It's time to make some tough choices. Pick the 3 things you want to work on most in the next 13 weeks. You are actively going to work on 3 things that you really want. When you are done with this 13 week TRUE PATH Planner, you will have made amazing strides towards your goal, as well as growing personally in more ways than you thought possible.

Goals are like staircases, you don't just get to a staircase, take one step, and you are at the top. Each staircase is unique and requires a different amount of steps. Same with a goal....

For example, if your goal is to make it to the gym that day, there are probably a couple of steps that need to be taken. If your goal is to buy a house, there are probably many more steps required to achieve that goal.

It's important with a goal, just like a staircase, not to look at the top, but rather focus on the next step. Once you've taken the first step, you can then focus on the next, and then the next and so on. Before you know it, you are at the top!

It's time to break it down...

Simple is Smart! Ask the What, Why, How, Where and When to better understand your goal.

WHAT? The first step to any goal is to define what it is. If your goal is to get a new pair of shoes, you need to ask...what kind of shoes? Be specific....size, color, brand, model, etc.

Being specific is key! If your goal is to get in better shape, don't just say "get in better shape" because that can mean anything. What does that mean? Lose 10 pounds? Gain muscle? Get to a certain body fat percentage? Be specific!

The more specific you are, the more accountable you can be to yourself.

WHY? The next step is why? This is the most important question as the "why" is the motivation behind what you want to achieve. Don't just

write in some generic why, instead dig deep. Like when you were a kid... keep asking why to the answers you come up with...

Why do I want to be in better shape? To look better. Ok, but why do you want to look better? So that I can feel good about putting on a bathing suit. Ok, but why is that important? If I feel good about myself, I will have more confidence. If I have more confidence, I won't be afraid of failing. Once you run out of why's, you can then pinpoint the few that really stick out.

The Why is what gives you the strength to keep taking action on those days you just don't feel like it. Find the motivational why's behind your goal and you will be much more likely to achieve it.

HOW? The how is your blueprint to achieving your goal. Start writing down all the actions that will help you accomplish your goal. From broad to specific.

For example, if your goal is to be in better shape then you focus in on diet and exercise.

What can you eat? What can't you eat? Do you eat small meals every 3 hours? Do you comply to a diet you have used in the past that you enjoy? You need to create a roadmap that will work for you.

This goes for exercise as well. Do you like the gym? Run? Yoga? Crossfit? There are a number of things you can do, so you need to choose what works for you and how you will do them.

WHERE? Where are you going to achieve your goal? This can be broad like everywhere, or very specific like spin class.

WHEN? When do you want to achieve your goal?

There are some goals that have no timeline, and for those you can put ASAP or before I die. But, if possible, have a "goal line" you are going to cross.

Once you answer the What, Why, How, Where and When, your vision for what you want should be much clearer.

GOAL BREAKDOWN

What:

Why:

How:

Where:

When:
