

Decide What You Want...page 2

Take a look at the examples below, then write your own goals in the blanks provided.

What I Want...Specifically	Why I Want It	Date I Achieved It
<p>HEALTH / APPEARANCE GOALS <i>(lose weight, feel younger, eat better)</i></p> <ol style="list-style-type: none"> 1. I will be at my ideal weight of 178 pounds by November 1, 2005. 2. I will consult a holistic doctor about nutrition and lifestyle by June 1, 2005. 3. I will complete my laser eye surgery procedure by September 30, 2005. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<ol style="list-style-type: none"> 1. I will need to eat better and work out to reach 178. 2. I have concerns about circulation and longevity. 3. I look better and feel more confident without glasses. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>RELATIONSHIP GOALS <i>(family, mentors, business alliances, staff, civic)</i></p> <ol style="list-style-type: none"> 1. I will re-establish communication with my brother by September 19, 2005. 2. I will approach Don Richardson September 9, 2005 about providing referrals. 3. I will begin holding staff trainings every week starting on July 15, 2005. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<ol style="list-style-type: none"> 1. Making up will help me bring closure to Dad's death. 2. This will help the business grow in reputation. 3. This will empower the staff and lessen my stress. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>PERSONAL GROWTH <i>(education, spiritual growth, therapy, training)</i></p> <ol style="list-style-type: none"> 1. I will enroll December 3, 2005 & complete the Men's Basics course at church. 2. I will attend the September 23, 2005 one-day training on negotiating skills. 3. I will begin yoga four times a week commencing on July 17, 2005. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<ol style="list-style-type: none"> 1. I have missed the spiritual guidance of male friends. 2. I would like to be more confident when negotiating. 3. I believe I will feel more relaxed. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>
<p>MAKING A DIFFERENCE <i>(charitable giving, church tithes, mentoring)</i></p> <ol style="list-style-type: none"> 1. I will work up to regularly tithing a full 10% of my gross income by Jan 6, 2006. 2. I will volunteer mentor at least one young entrepreneur starting Fall Semester. 3. I will initiate a company-wide charitable matching program by Dec. 1, 2006. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<ol style="list-style-type: none"> 1. I believe tithing helps me receive back ten-fold. 2. I wish I had had a veteran entrepreneur help me. 3. I believe matching gifts boost employee loyalty. <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/> <hr/>