



QUANTUMWINS

Goal Setting Worksheet

-for the best outcomes-

Procrastination & unsuccessful goals end NOW!



Step 1: Formulate your goal

Don't worry, you'll get help for each step.

Today (date) _____ I (am/have/do) _____

These are the three most effective verbs when formulating a goal. Everything we want in life has one of these forms (am/have/do.) No questionable verbs, no limiting forms. You'll use the way your brain works best, without misinterpretation or unclear data.

Examples

Personal goal examples:

Today December 31, 2024

- 1) I have 154 pounds.
- 2) I am in great shape, exercising three days a week for one hour.
- 3) I am communicating openly with my significant other on any topic, and our relationship is better than ever.
- 4) I have \$50,000 in savings in my bank account for unexpected spendings.
- 5) My knowledge about _____ is increased, thanks to the 10 new books I read on this topic.
- 6) I spend 10 hours more each week with my kids compared to 2023.
- 7) My relationship with my friends is great, and now we spend quality time together each week.
- 8) I have 10 hours extra time per week for my passion building up my new venture.

Professional goal examples:

Today December 31, 2024

- 1) I am self-confident in my own abilities to grow this company to ... levels.
- 2) I successfully launched my new product and generate _____\$ in additional revenue.
- 3) I have five new ideal 6 figures clients for my business.
- 4) I grew my LinkedIn to 10.000 followres and my personal brand doubled compared to last year. I'm seen as a thought-leader in biotech.
- 5) I am the new Board Member at _____ company.
- 6) I speak advanced level Spanish.
- 7) I am part of a leadership mastermind and constantly invited to podcasts on this topic where I am perceived as an expert and a role-model.
- 8) I earn two times my last year's income through sideways projects in my spare time.

The brain understands specific terms and data, therefore, has no past tense or future, he's programmed by specific/exact dates like a computer.



Step 2: SMART Audit Your Goal

See if the main aspects are covered

CHECK

SPECIFIC (What, where, how, when, with whom, why?)

MEASURABLE (How do you know (see, hear, feel) you achieved your goal?)

ATTAINABLE (Do you believe in it? It's achievable in your given timeframe?)

RELEVANT/REALISTIC (Is this what you want?)

TIMELY (Do you have a time frame for each step and the final deadline?)

*More help comes below.



Step 3: ECOLOGY CHECK

Positive impact check

CHECK

Is this goal beneficial to me?

Is this goal beneficial/neutral to my family or those who I care about?

Is this goal beneficial/neutral to all around me and the society in general?

*The ecology check is an overview of ethics and the implications of your goal, especially for ambitious goals which can have an unexpected impact.



Step 4: YOUR 100%

Autonomy check

ASK YOURSELF THIS QUESTION:

Is this goal 100% dependent on me, my effort, my ingenuity, flexibility, even if there are people who could help but they can change/disappear anytime?

People tend to depend too much on others for their goals.

Although there is a big amount of help which can come from others, that shouldn't be considered for impeccably planned and executed goals. People, strategies, routes can change, but the primary goal should stay the same and be continuously guided and pursued by its creator with or without someone's specific help. You cannot control what others will do, but you can control yourself.



Step 5: EMPOWERING QUESTIONS

The more you focus on your goal through different perspectives
the more achievable your goal will become.

1) **Why do I want this specific goal?**

2) **What do I really want to achieve through this goal?**

3) **Why didn't I achieve it yet?**

4) **What's the biggest obstacle between me and my goal?**

5) **What sacrifices do I need to make?**

6) **What resources do I have right now to achieve my goal?**

7) **What other resources do I need to achieve my goal?**



Step 5: EMPOWERING QUESTIONS

The more you focus on your goal through different perspectives
the more achievable your goal will become.

8) Which habits do I need to change that are conflicting with my goal?

9) Am I willing to pay the price?

10) How many ways do I have to reach my goal?

11) What's the first step I am able to take right now which will bring me closer to my goal?

Now you're set to start the strategy. Good job!



Step 6: GOAL STRATEGY - STEPS

The milestones you'll need to undertake during the year.

GOAL:

First step (start moving toward your goal):

Deadline: _____

CHECK

Celebrate!

Objective I (milestone):

Deadline: _____

CHECK

Celebrate!

Objective II (milestone):

Deadline: _____

CHECK

Celebrate!

Objective III (milestone):

Deadline: _____

CHECK

Celebrate!

Objective IV (milestone):

Deadline: _____

CHECK

Celebrate!

Objective V (milestone):

Deadline: _____

CHECK

Celebrate!

Goal Achieved!



Date: _____

Celebrate!



Final Thoughts

* You can have more or less than five milestones for your goal. Some have monthly milestones, quarterly, or even weekly. You can also have easier milestones which can be checked in two weeks, some in two months. Important is to set the realistic deadlines beforehand than check them off, one by one.

** Celebrate your milestones to keep your energy and positivity high. The rewards should match the effort. Don't buy yourself a new car, or host a 100 people party for an easy milestone. Keep things real.

*** Adjust the milestones or even change some if things take different turns. The goal should be the same, but the milestones on the way can be improved or altered if some things happen on the road.

**** Follow your plan, never give up. Don't let demotivation, other people, or procrastination stop you. Small steps are invisible in those moments, but add up during the year.

***** Once your goal setting strategy was designed following this worksheet you should 100% trust the process. Your only work right now is to follow the steps.

!!! You can use this worksheet for bigger life goals.

Now You're Ready To Achieve Your Biggest Goals!