

Goal Grid Sample



Form 12.01C

Date: 0/00/01

Instructions: Identify **ONE** bite-sized goal from your personal or professional Mission Statement in each grid below, then list steps you must take to accomplish it. Afterward, schedule time on your calendar for each action item.

Mission Statement Goal: To be in excellent physical condition.
10 Year Mark:
Run a marathon in three continents.
5 Year Mark:
Compete in the Boston Marathon.
1 Year Mark:
Compete in a local marathon.
(Note: Secure trainer at 3 year mark...)
90-Day Mark:
Buy a book on running marathons.
Run ten miles without stopping.
Train three days per week.

Mission Statement Goal: To be more loving and attentive to my wife.
10 Year Mark:
Restate our vows in a special ceremony.
5 Year Mark:
Take her to Europe for two weeks.
1 Year Mark:
Surprise her with a diamond pendant.
Absolutely no more work on weekends.
90-Day Mark:
Take her on a date every Friday.
Be home by 6PM nightly.

➤ *Have you blocked out time on your calendar for your 90-Day Mark? If not, please do so.*