



Track to Run On Effective Goal Setting 2012

Happy New Year! Set aside a couple of hours to yourself to focus on what you want this next year to include. It may take you some time to get warmed up, but then the words will fly on to the page along with the emotions that are connected to your dreams, commitments and desires. Allow the New Year to come into crystal clear focus. Give yourself the gift of planning for the next twelve months. Be bold. Set huge goals. Shoot for the moon and you may leap over a tall building. Step up your game. Stretch until you are eight feet tall. Be among the few who actually believe in yourself enough to plan for the **BEST YEAR EVER**.

The following are suggestions. Play to win. These guidelines do not need to restrain you. Add, delete, make any changes and know that you can only win at this game. Color outside of the lines and bring forth everything you have. Be specific. Think about specific measurements so that you know when you have achieved them. Drill down until you discover what lives inside you ready to blossom into full expression. Put some time into this knowing that you are worthy of having a great new year *by design*. ***What are you going to create this year?***



1. The people I am connecting with this year are _____.
2. The biggest goal I have committed myself to this year is _____.
3. The thing I will do to stretch the most this year is _____.
4. My commitment regarding my health and wellness this year includes:
 - a. _____
 - b. _____
 - c. _____
5. My commitment regarding my business this year includes:

- a. _____
 - b. _____
 - c. _____
6. My commitment regarding my finances this year includes:
- a. _____
 - b. _____
 - c. _____
7. My commitment regarding my relationships includes:
- a. _____
 - b. _____
 - c. _____
8. I have overcome my greatest hurdle this year. As a result, I can now say:

9. I have created time for myself this year. As a result, I can now say:

10. The thing I had been putting off that I am committed to addressing this year is

11. **Begin with the end in mind.** It is now **December 2012**. You are writing about this past year. "My biggest accomplishment this year was
_____."

What would you attempt to do if you knew you could not fail?

"Only those who will risk going too far can possibly find out how far one can go."
~ T. S. Eliot

Here's wishing you a healthy, happy, peace-filled, and prosperous New Year.

Rosie Bank

www.rosiebank.com

www.you-inc.biz

650-573-7177

rosie@rosiebank.com