

Goal-Setting Like A Boss

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Take the 10 Areas of your life. Run down this list and on a scale from 1 to 10 (10 is perfection/I'm super happy with where things are and 1 is I'm missing the mark), give each category a score based on your own definition—NOT what others/society expects. Don't feel guilty for ranking an area low.

RANK	AREA OF YOUR LIFE	
	PHYSICAL HEALTH	<p>Are the areas you scored lowest ACTUALLY areas that are of importance to you? These areas are affecting your happiness in the back of your mind. They're important.</p> <p>Now make 10 goals based on this list, BUT make your first 2-3 goals specifically targeted toward those 2-3 areas in which you scored the lowest (You should not have any guilt about your pure joy goals—even if it's indulging in trashy reality shoes. It should just make you feel good).</p> <p>TEN GOALS:</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p> <p>Next to each goal, ask yourself “and what would it require to do this?” The answer usually boils down to accountability or money.</p> <p>SO create an 11th goal “what could I do that would make most of these things happen?”</p> <p>11. _____</p>
	MENTAL WELLBEING	
	ENVIRONMENT*	
	FINANCES	
	FAMILY AND FRIENDS	
	SIGNIFICANT OTHER / ROMANCE	
	CAREER/PURPOSE	
	GROWTH/GETTING SMARTER	
	PURE JOY/HOBBIES	
	SPIRITUALITY	
<p>*Environment is where you spend the majority of your time ** Pure joy – don't put too much pressure here, this can be as simple as the pure joy you get when someone else blowdries your hair.</p>		



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