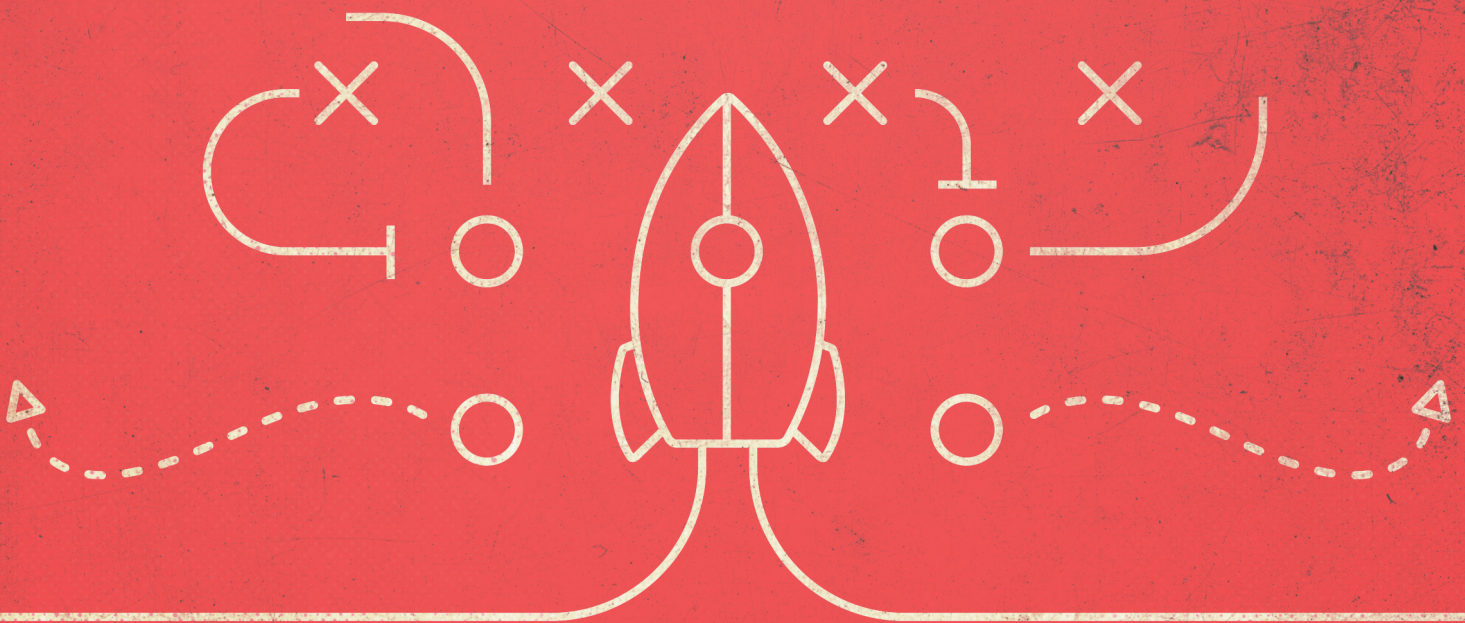


THE POWERFUL GOALS PLAYBOOK

120 PROVEN GOAL-SETTING TEMPLATES
TO JUMPSTART YOUR PROGRESS



MICHAEL HYATT

INTRODUCTION

We all want the next year to be better than the last. But sometimes coming up with the specific goals we want to achieve can be tough.

The good news is that it doesn't have to be so hard. Templates can help you speed up the process and jumpstart your best year ever. By sparking inspiring and imaginative ideas, these templates will allow you set meaningful goals in the ten key life domains:

1. Spiritual
2. Intellectual
3. Emotional
4. Physical
5. Marital
6. Parental
7. Social
8. Vocational
9. Avocational
10. Financial

I've specially designed these fill-in-the-blank templates to help streamline how you frame your goals and habits for the coming year. They follow the same SMARTER framework I use myself and teach others in *5 Days to Your Best Year Ever*.

Remember, that means these goals are Specific, Measurable, Actionable, Risky, Time-keyed, Exciting, and Relevant to your life. By risky, I mean these goal are a bit outside your comfort zone. Don't settle for unchallenging goals. Time-keyed can refer to a deadline, frequency, or a time trigger—anything that uses the calendar or clock to remind you to act and keep you moving.

How should you use this guide? The most effective way to proceed is to refer back to your LifeScore™, especially those areas where you can make significant gains in the coming year. Next, look at the suggestions for the relevant domains and check the ones that best apply.

Once you've adapted them to fit your needs, you're all set. I am confident these will accelerate your progress and improve your chances of success.



SPIRITUAL

1. Set aside _____ minutes in the morning, _____ days a week for reading and prayer starting _____.
2. Ask friends, pastor, spouse, etc. about their favorite spiritual books. Pick _____ and read one each _____ beginning _____.
3. Find a yearly Bible reading plan and follow it each day beginning _____.
4. Read the Bible _____ chapters/minutes each _____ starting _____.
5. Keep a daily prayer journal. Start by _____.
6. Choose a mentor/counselor and meet with him/her _____ times per month.
7. Identify _____ conferences this year and make the necessary arrangements to attend by _____.
8. Find a retreat sponsored by your church and make plans to attend by _____.
9. Attend church _____ times a month, beginning _____.
10. Challenge yourself by giving up something difficult for Advent or Lent this year.
11. Meditate for _____ minutes each day, _____ days a week beginning _____.
12. Journal at least _____ minutes at the end of each day starting _____.

INTELLECTUAL

1. Read ____ books per month/quarter, starting ____.
2. Audit a college class on the subject of _____ during the _____ quarter/semester.
3. Select ____ conferences to attend and register by _____.
4. Go back to school in _____ and get my Master's/JD/PhD.
5. Join/start book club to read through ____ of the Great Books by _____.
6. Sign up for an online art/history/science class by _____.
7. Complete my college degree by _____.
8. Read _____ minutes each morning/night at _____ a.m./p.m.
9. Buy foreign language program and learn _____ by _____.
10. Participate in educational trip to the state/country of _____ by _____.
11. Visit ____ museums of art/history/natural science by _____.
12. Research and write my book on _____ by _____.

EMOTIONAL

1. Plan a dream vacation to _____ by _____.
2. Reconnect with an old hobby such as fishing/gardening
3. Plant a garden in _____ with _____ of my favorite spring/summer/fall vegetables/fruits.
4. Meditate everyday at _____ a.m./p.m. for _____ minutes.
5. Research and find a therapist/counselor and start regular weekly/biweekly/monthly sessions by _____.
6. Declutter your home/office by _____.
7. Build new (and healthier) peer group by identifying _____ friends and meeting _____ weekly/monthly/bimonthly.
8. Read _____ self-help books each month/quarter, beginning _____.
9. Attend self-help conference or church retreat on emotional well being by _____.
10. Go hiking/fishing/camping _____ times by _____.
11. Limit news/social media consumption to _____ time(s) per _____.
12. Eliminate screen time _____ minutes/hours before bedtime.

PHYSICAL

1. Lose ____ pounds by _____.
2. Bring down my blood pressure ____ points by _____.
3. Research and hire a nutritionist to complete a personalized meal plan by _____.
4. Run/walk ____ minutes/miles each day, ____ days a week at ____ a.m./p.m.
5. Research and hire fitness coach to craft personalized workout regimen by _____.
6. Do strength training at gym ____ minutes/hours, ____ days a week starting _____.
7. Cut LDL cholesterol ____ points by _____.
8. Finish my first 5K race/half marathon by _____.
9. Complete a five-day juice fast by _____.
10. Improve my deadlift by ____ pounds by _____, 2017.
11. Choose a regular bedtime and get ____ hours of sleep per night for next ____ days beginning _____.
12. Download a health-tracker app (e.g., MyFitnessPal) and begin inputting my daily caloric intake immediately after each meal or snack.

MARITAL

1. Schedule a monthly flower deliver for your spouse by _____.
2. Create a date night profile on Netflix and load up your favorites for a weekly date beginning _____.
3. Plan _____ regular dates each month and get them on the calendar by _____.
4. Pick out _____ books (fiction and nonfiction) to read together.
5. Schedule _____ dates each _____ to discuss by _____.
6. Attend the _____ marriage conference on _____.
7. Handwrite a note every _____ (day of the week), for 52 weeks, beginning on _____.
8. Select an out-of-town getaway each _____ and schedule them beginning _____.
9. Set a regular “budget review date” with your spouse, and review your finances and pay bills together every _____ starting _____.
10. Pick _____ things your spouse regularly does each day that he/she doesn’t enjoy. Do one each day for him/her beginning _____.
11. Write a list of your spouse’s favorite qualities. Read it once daily, and pick one to focus on for the day for _____ days.
12. Pray with your spouse. Set aside regular time each _____ beginning _____.

PARENTAL

1. Leave the office by ____ to have enough time for _____ with the kids starting ____.
2. Interview kids about their dreams. Pick one and accomplish together by _____.
3. Pick a board/card game with your kids and a regular time to play once a week by _____.
4. Establish rotating date schedule for parent-child dates by ____.
5. Hold a family meeting and draft a Family Constitution (a list of values) by ____ and review as a family each ____.
6. Cook ____ meals at home each week beginning _____.
7. Have the kids brainstorm ____ meals. Cook at least ____ each week beginning _____.
8. Write your kids ____ letters each week/month expressing _____ beginning ____.
9. Set aside ____ vacation days to spend with family at spouse's/kids' favorite location. Schedule by ____.
10. Build/assemble model/puzzle/fort with kids _____ times each month beginning _____.
11. Schedule photographer for new family photos by _____.
12. Attend _____ parenting seminar(s)/conference(s) by _____.

SOCIAL

1. Schedule call with friend/family member ____ times each ____ starting ____.
2. Join or start a supper club with friends from my neighborhood by ____.
3. Join an athletic club/training group to meet new people by ____.
4. Host/join a weekly/monthly discussion group/book club, beginning ____.
5. Visit local retirement home once a week/month starting ____.
6. Plan a girls' trip/guys' trip with ____ of your friends. Book it by ____.
7. Host a group study with friends from church by ____.
8. Volunteer with Habitat for Humanity on a local build by ____.
9. Take a painting/wine-tasting class to meet new people by ____.
10. Schedule ____ lunches/coffee dates with ____ friends by ____.
11. Host ____ families/friends at your home for dinner ____ night(s) each month.
12. Invite friends over for weekly/monthly movie/game night beginning ____.

VOCATIONAL

1. Increase revenue in ____ area/department by \$____/____% by ____.
2. Launch new product/service by ____.
3. Write new proposal/business plan for ____ by ____.
4. Quit job and launch new business by ____.
5. Identify ____ new potential leads this month and contact them by ____.
6. Organize ____ files/accounts by ____.
7. Increase ____ subscribers/followers/fans ____% by ____.
8. Cut ____ expenses in ____ area/department by \$____/____% by ____.
9. Lower ____ bounce/attrition rate by ____% by ____.
10. Improve ____ rating by ____% by ____.
11. Research the best five best business books in your area of expertise and the five best across the board and read ____ each ____ beginning ____.
12. Get certified in ____ by ____.

AVOCATIONAL

1. Improve my ____ score/game by ____.
2. Visit one new state each ____ until you've visited them all.
3. Volunteer for ____ beginning ____.
4. Visit ____ new restaurants each _____. Make a list by ____.
5. Get ____ minutes of sun each day starting ____.
6. Ask someone close to you about their favorite memoir, novel, or history books. Pick ____ and read one each ____ beginning ____.
7. Plan an out-of-state hiking trip. Identify ____ of the coolest locations, and get at least ____ on the calendar by ____.
8. Learn to fly fish. Get lessons by ____ and plan an outing by ____.
9. Research 20 best action/comedy/drama/romantic comedies ever filmed and watch ____ each ____ beginning ____.
10. Research local soccer/softball/basketball/volleyball league. Join up and start playing by ____.
11. Take first-ever Caribbean/Alaskan/Mediterranean cruise by ____.
12. Buy a hammock and plan a nap every ____ beginning ____.

FINANCIAL

1. Improve net worth \$____/____% by ____.
2. Pay off remainder of car loan in the amount of \$_____ by ____.
3. Create monthly income and expense budget by ____ and forecast the next 6/12/18/24 months.
4. Reduce eating out to ____ meals each ____ beginning ____.
5. Pay down \$_____ in credit card debt by ____.
6. Budget next Christmas and begin saving \$_____ each month toward your plan beginning ____.
7. Give \$_____ each month/year to preferred charity.
8. Save an additional \$_____/_____% from each paycheck for emergency fund starting ____.
9. Plan for your next house/car/major project by saving \$_____ each ____ beginning ____.
10. Increase monthly 401(k)/retirement savings by \$_____/_____% starting ____.
11. Get taxes done early this year: Assemble all necessary paperwork by ____ and complete forms by ____.
12. Start saving \$_____ each month toward next vacation beginning ____.

