

# THE 10 STEPS TO GOAL SETTING

1. Write your goals down
2. Make them realistic & believable
3. Make them painfully specific
4. Break the goals down into bite-sized chunks: short, mid & long-term deadlines
5. Anchor it to your strong WHY
6. Identify your obstacles & create an action plan around them
7. Identify who you will partner with & hold you accountable
8. Develop your action plan
9. Stop procrastinating – just start
10. Decide then commit

*Provided Courtesy of*

**T** THE PARTNERS  
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