



# Goal Checklist

1. If you want to score, you need to have a clear goal. Write down your goal, ensure it is clearly defined, and put it in a place you can't ignore.

**My goal:** .....

2. You need to **want** your goal. Don't pick something to please your partner or impress your peers, it must be something that will motivate you through even the toughest times.

**I want to achieve this because:**

.....  
.....

3. As Antoine de Saint-Exupéry said, a goal without a plan is just a wish. While wishes can come true, if you're serious about achieving your goal, give it a clearly structured strategy.

**My plan/strategy is:**

.....  
.....

4. Imagine running a race without a finish line; after a while, even the most competitive athlete is likely to give up. Set yourself a deadline so you have a clear timeframe within which to work.

**I will achieve my goal by the following date:** \_\_ / \_\_ / \_\_\_\_

5. Regularly reviewing your progress is essential to staying on track. These pit stops remind you to keep going, allow you to make adjustments to ensure success, and will keep your spirits high by showing you just how far you have come.

**I will review my progress on the following dates:**

\_\_ / \_\_ / \_\_\_\_      \_\_ / \_\_ / \_\_\_\_      \_\_ / \_\_ / \_\_\_\_

6. Hope for the best but plan for the worst - If you reach the first hurdle unprepared, you are likely to give up. However, if you have anticipated the event, you'll be armed and ready to tackle it.

**Possible obstacles I will face and how I will deal with them:**

.....  
.....

**7.** Are you motivated by the carrot or the whip? Sometimes the delayed gratification of the goal is not enough and you need to introduce the fear of consequences. Just imagine how motivated you would feel if on giving up on your goal, you had to donate money to a political party you detest?

**If I do not achieve my goals by my deadline, I will:**

.....  
.....

**8.** Who will you answer to if you fail? By including someone in your plan, you will be held accountable for your goal, making it far more difficult to give up. What's more, this person can offer you the support you will likely need along the difficult journey to success.

..... **will ensure I am accountable.**