

EP.12

Resetting Your Priorities

Ask Yourself:

What is your primary purpose or result of achieving your goal? Why am I doing this? What is my driving force? What is the value? What are your most important relationships you can be strategic with to reach that goal? What teams are important to accomplishing this result? Who will benefit?

Real Life Example: Weight Loss

Use this to walk you through the process for your own goals:
What is your goal?

1. Is your goal to lose weight or is your goal to weigh 150lbs, which is specific, measurable, and trackable.
2. What is the primary purpose?
 - a. Feel better, more energy, health, etc.
3. What are some important relationships that you need to develop or nurture to help you?
 - a. Spouse, trainer, workout partner, nutritionist, kids, etc.
4. What team or teams would be important in accomplishing your result?
 - a. Support group such as Weight Watchers, Facebook group, tracking system, etc.
5. What do you need to give up or reduce?
 - a. Eating Pizza or drinking wine.
6. What do you need to add or recommit yourself to doing?
 - a. Working out more.
7. What do you need to add in capacity or communication?
 - a. Better margin in your schedule. Finding time by meal prepping, waking up earlier, etc.

“Do you value your goal enough to change your behavior?”

Are you making your goal a priority? You need to plan and prepare to hit your goal. What did you do differently to make your goal a reality? This is for personal and professional goal setting! When you follow this template, you will be more intentional, the end result will be more clear, and realistic. You will be more passionate. You will be more intentional and hit your goals.