

How to **SET**, **TAKE ACTION**, & **ACHIEVE** Your **GOALS**!

*You want **success**! You have **talent and a greatness** that only you can achieve!
You must recognize and acknowledge that you have and own your choices! **Everything is a choice!**
Where you are today is a direct reflection of the choices you have made.*

DECIDE

Write
down
your
goals!

- DREAM BIG! Look out 5-10 years from today and decide what you really want. Use these 5 categories to get you started!
- What does your BEST LIFE look like in 5-10 years?
- Create a vision board with your DREAM BIG Goals! Visualize success!
- **KEY:** Write down the “compelling why” for each major goal.
 - *When the why is big, the how becomes easy.*
- Decide what you must to do in 2023 to achieve your goals.

FAITH
FAMILY
FITNESS
MIND.BODY.SOUL.
FRIENDSHIP
FINANCES

PLAN

Write
down
your
plan!

- What actions will you take to make progress and achieve your goals?
- **KEY:** Research, Study, Learn what others have done to achieve success in your goal area.
- **KEY:** Create a system with mechanisms to ensure the output you are looking to achieve.
 - Mechanism: Input => Tool => Adoption => Inspection => Output
- **KEY:** Remove bad habits and create good habits (Cue => Craving => Response => Reward)
 - **REMOVE:** Invisible, Unattractive, Difficult, Unsatisfying
 - **CREATE:** Obvious, Attractive, Easy, Satisfying
- **PREPARE** for obstacles, problems, crisis, and create an overcomer **MINDSET!**
- **KEY: COMMIT!** Make a commitment to yourself to your goals AND to achievement.
- Use tools like **OKRs** and **SMART** to drive action and progress.
 - **OKRs:** Objectives and Key Results
 - **SMART:** Specific, Measurable, Achievable, Relevant, and Time-Bound

TAKE ACTION

- Be **INTENTIONAL** to fulfill your commitment! **FOCUS** on your compelling why!
 - For what you focus on expands!
- **KEY:** Act **DAILY** on 3 critical actions that will move you forward towards accomplishment.
- Utilize the **COACHFOSS DAILY 11!**

TRACK PROGRESS

- Be **DISCIPLINED!** Implement self-awareness and daily inspection to track progress to the plan.
- **KEY:** Have an Accountability Partner or Team to challenge you, make you better, expect more, raise your level of performance, provide critical feedback, provide support, and tough love!

ACHIEVE

- **CONSISTENCY** in discipline creates self-confidence!
- Strive to achieve your greatness and be all you can be!
- Be **Blissfully Dissatisfied!** Joyful where you are and crazy, **HUNGRY**, & in a crisis to get to the next level!
- **Never Give Up** & **Never Settle!**

WORK BACKWARDS!
10 YEARS FROM NOW, MAKE SURE THAT YOU CAN SAY YOU **CHOSE YOUR LIFE AND DID NOT SETTLE FOR IT!**

Moving you from where you are to where you want to be!

Contact us for additional details and ways to engage!

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