

Checklist for Goal Success

THE WHY

Clear Big Picture Goal of Your Destination

Example: Live a healthy lifestyle so I can live a comfortable and long life

THE HOW

Activities to get there

Example: Exercise 4 times a week

THE WHAT

Specific Tasks that break down the activity

Example: Run three times a week and go to the gym twice a week

Calendar supports and reflects goal achievement

Example: Schedule your tasks in so that you honour commitments to your goals

Keep your balance

Have a constant dialogue between you, your goals and life rhythms

flor & order