

# GOD FORM

## Goals & Objectives Defined

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*Dedicate at least an hour for the completion of this project. You deserve that investment of time in yourself, your work and your future. There are no “right” answers. Just your answers. Be as honest and transparent as you can be.*

### GOALS

1. **GOAL:** What do you want to achieve? (SMART<sup>i</sup> and/or SHARP<sup>ii</sup>):

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2. **OBSTACLES:** What obstacles could prevent you from achieving this goal today? List as many as possible—controllable and non-controllable.

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3. **SOLUTIONS:** What specific action steps can you take to remove each obstacle?

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4. **PAYOFF:** What specific benefits will be attained from achieving this goal? (Tangible Benefits) Why is this important?

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5. **PAYOFF:** How will achieving this goal make me feel? (Intangible Benefits) Why is this important?:

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## OBJECTIVES

1. What specific action steps will make this goal happen?

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2. Please assign completion dates for this goal as well as completion dates for each step.

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3. What *feelings* or *thinking* will lead me to achieve this goal naturally and easily?

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4. What can I be doing on a daily basis to *feel* or *think* this way?

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<sup>i</sup> SMART: Specific, measurable, achievable, realistic & timely

<sup>ii</sup> SHARP: Significant & specific, healthy & holistic, accountable & actionable, risk & results-oriented, partnered & persevered

