



ChangeYourCourseCoaching.com

Jim Rohn Goal Setting Workshop

Name: _____

DATE: _____

1. List **5** things that you have already accomplished in your life that you are proud of:

- _____

- _____

- _____

- _____

- _____

2. List **50** Things that you would like to **HAVE, DO, SEE**, or **BECOME** if neither money nor time were an issue. (*Dream a little bit*)

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3. Beside each of the above 50 items put the number **1, 3, 5 or 10**. Each number represents either a 1 yr goal, a 3 yr goal, a 5 yr goal, or a 10 yr goal.

4. Next, list your **TOP FOUR**, one year goals. These are the goals that are most important for you to focus on.

1. _____

2. _____

3. _____

4. _____

5. Write a little paragraph about why these FOUR - one year goals are important to you. *(Not the how, just the WHY)*.

1.

2.

3.

4.

6. Who must I become, what must I do differently to achieve these goals?
