

Visionary Goals

Òrisà Lifestyle Boot Camp

Breaking down dreams into achievable steps is an important skill. It empowers you to create a clear path from where you are to where you want to go! Remember:

1. Plans follow goals.
2. What gets measured gets done.

DREAM. Think about December 31, 2016. If you could only accomplish THREE things between now and then, what would they be? Categorize them as easy, challenging and super tough, but amazing!

A. EASY

B. CHALLENGING

C. SUPER TOUGH, BUT AMAZING

Now, on a separate piece of paper, estimate the amount of time, money and effort necessary to achieve each of those goals. How would you have to manage your schedule, your family, work, entertainment and other aspects of your life.

Finally, if you could only accomplish ONE thing between today and December 31, 2016, what would you choose? Why would that be your choice?

Write your goal: By December 31, 2016 I will _____.