

Scientific Goal Achievement: Workbook



WHAT RESULT /OUTCOME DO I WANT TO ACHIEVE?

"Goals are like magnets. They'll attract the things that make them come true." - Tony Robbins

WHY DO I WANT TO ACHIEVE THIS OUTCOME? MY PURPOSE?

"The trouble with not having a goal is that you can spend your life running up and down the field and never score." - Bill Copeland

WHAT HABITS, ACTIVITIES AND BELIEFS DOES A PERSON WHO ACHIEVES THAT OUTCOME HOLD?

"The only thing standing between you and your goal is the story you keep telling yourself as to why you can't achieve it." - Jordan Belfor

IF, AFTER MY IDEAL TIMEFRAME, I DID NOT ACHIEVE MY GOAL -
WHAT ISSUES DID I NOT ANTICIPATE CAUSED ME TO MISS MY
GOAL?

"Without goals, and plans to reach them, you are like a ship that has set sail with no destination." - Fitzhugh Dodson

HOW COULD I HAVE PREVENTED OR MITIGATED THESE ISSUES?

"A goal properly set is halfway reached." - Abraham Lincoln

WHAT THINGS WILL I START OVER THE NEXT 2 WEEKS TO BE
ON THE TRAJECTORY OF ACHIEVING MY OUTCOME?

"Setting a goal is not the main thing. It is deciding how you will go about achieving it and staying with that plan." - Tom Landr

WHAT THINGS MUST I KEEP DOING DAILY/WEEKLY TO ENSURE THAT I MEET MY GOAL?

"A goal without a plan is just a wish." - Antoine de Saint-Exupéry

WHAT THINGS MUST I STOP DOING THAT WOULD LEAD ME FURTHER FROM MY GOAL?

"Your goals are the roadmaps that guide you and show you what is possible for your life." - Les Brown

WHAT WILL I START OVER THE NEXT 2 WEEKS TO BE ON THE TRAJECTORY OF ACHIEVING MY OUTCOME?

"The only way to do great work is to love what you do. If you haven't found it yet, keep looking. Don't settle." - Steve Jobs
