

GOAL SETTING WORKSHEET



Use this worksheet to create your 30, 60 and 90 day goals for your business. Each goal should have a goal statement written in present, personal tense with a deadline. It should also have 3-5 benefits and 3-5 activities required to reach that goal. You may find that the same activities will help you reach all 3 goals, as long as you continue to stay in consistent action throughout the entire 90 days.

Review this worksheet each morning, and read your goal statements, benefits and activities out loud. If ever you feel "stuck", or scared to move forward in action to grow your business, refer back to this worksheet and read your goals out loud again, reaffirming to yourself WHERE you are going and WHY the activities you've chosen are so important!



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30 DAY GOAL STATEMENT:

THE TOP BENEFITS OF ME ACHIEVING
THIS GOAL ARE:

I COMMIT TO THE FOLLOWING ACTIVITIES IN
ORDER TO MAKE MY GOAL A REALITY:

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60 DAY GOAL STATEMENT:

THE TOP BENEFITS OF ME ACHIEVING
THIS GOAL ARE:

I COMMIT TO THE FOLLOWING ACTIVITIES IN
ORDER TO MAKE MY GOAL A REALITY:

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90 DAY GOAL STATEMENT:

THE TOP BENEFITS OF ME ACHIEVING
THIS GOAL ARE:

I COMMIT TO THE FOLLOWING ACTIVITIES IN
ORDER TO MAKE MY GOAL A REALITY:

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