



RENEW YOUR FUTURE™

Goals Check-In CALL ONE

“Life asks us to make measurable progress in reasonable time. That’s why they make those fourth-grade chairs so small—so you won’t fit in them at age 25.”

- Jim Rohn



GOALS CHECK-IN #1

1. Since the Goals Retreat, have you made measurable progress in reasonable steps? How specifically?

2. How has what's going on in the world altered your plans?





3. What are your “wins” so far this year?

4. Where and how can you “step it up”?

5. How can you capitalize on your momentum?





6. What are your setbacks so far this year?

7. What can you do to get back on track?

YOUR TOP THREE GOALS

Have You Made Meaningful Progress?

YES / NO

YES / NO

YES / NO





8. What has gotten in the way of making progress on your goals?

9. Where specifically do you need to refocus?

10. What habits – good or bad – have you noticed since January?





11. What “good” have you said NO to, in order to say YES to the “great”?

12. Where are you stuck?

13. List your top roadblocks:

14. What three things can you implement right away to help you gain traction and momentum on achieving your goals?

1.

2.

3.





MY MOST IMPORTANT GOALS:

Order

1.	_____	_____
2.	_____	_____
3.	_____	_____
4.	_____	_____
5.	_____	_____
6.	_____	_____
7.	_____	_____
8.	_____	_____
9.	_____	_____
10.	_____	_____
11.	_____	_____
12.	_____	_____
13.	_____	_____
14.	_____	_____
15.	_____	_____
16.	_____	_____





GOAL: _____

ACTION STEPS:

ORDER:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

YOUR ACTION PLAN:





GOAL: _____

ACTION STEPS:

ORDER:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

YOUR ACTION PLAN:





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NOTABLE QUOTES

“Who you are tomorrow begins with what you do today.” - Tim Fargo

“Real change is difficult at the beginning, but gorgeous at the end. Change begins the moment you get the courage and step outside your comfort zone; change begins at the end of your comfort zone.” - Roy T. Bennett

“Slow, steady progress is better than daily excuses.” - Robin Sharma

“The moment a man ceases to progress, to grow higher, wider and deeper, then his life becomes stagnant.” - Orison Swett Marden

“When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.” - Henry Ford

“Don’t let life discourage you; everyone who got where they are had to begin where they were.” - Richard L. Evans

“Strive for passion, not inspiration. When you find what you’re passionate about it will inspire you.” - Robert Helms

“Desire is the key to motivation, but it’s determination and commitment to an unrelenting pursuit of your goal – a commitment to excellence – that will enable you to attain the success you seek.” - Mario Andretti

“The price of success is hard work, dedication to the job at hand, and the determination that whether we win or lose, we have applied the best of ourselves to the task at hand.” - Vince Lombardi

“In a moment of decision, the best thing you can do is the right thing to do, the next best thing is the wrong thing and the worst thing you can do is nothing.” - Theodore Roosevelt

“Trust the process. Your time is coming. Just do the work and the results will handle themselves.” - Tony Gaskins

“Our greatest weakness lies in giving up. The most certain way to succeed is always to try just one more time.” - Thomas Edison