



RENEW YOUR FUTURE™

Goals Check-In

CALL TWO

“As you move through the seasons of change and make a deliberate decision to Review and Redo along the way, you can begin to see everything from a fresh perspective. This will generate new opportunities for making things better or creating something completely brand new.”

- Susan C. Young



GOALS CHECK-IN #2

1. Are you who you want to be? How so and/or how not?
2. Reflect on any goals you've already completed. To what do you attribute your success?





3. Reflect on any goals you haven't really started yet. Why? Are you still committed? Why or why not?

4. What responsibilities have you been dodging?





5. How has Resistance manifested in your life this year?

6. What can you do to fight Resistance?





7. Plan-Do-Review: Go through your top “A” Goals from January and revisit them:

	GOAL:	GOAL:	GOAL:
	_____	_____	_____
% Accomplished?	_____ %	_____ %	_____ %
In progress?	YES/NO	YES/NO	YES/NO
Little or no progress?	YES/NO	YES/NO	YES/NO
Still an "A"?	YES/NO	YES/NO	YES/NO
(Zero-Based Thinking)			
What went right?	_____ _____	_____ _____	_____ _____
What went wrong?	_____ _____	_____ _____	_____ _____
Why?	_____ _____ _____	_____ _____ _____	_____ _____ _____
What's Next?	_____ _____ _____ _____	_____ _____ _____ _____	_____ _____ _____ _____





8. What help do you need?

9. How can you get that help?

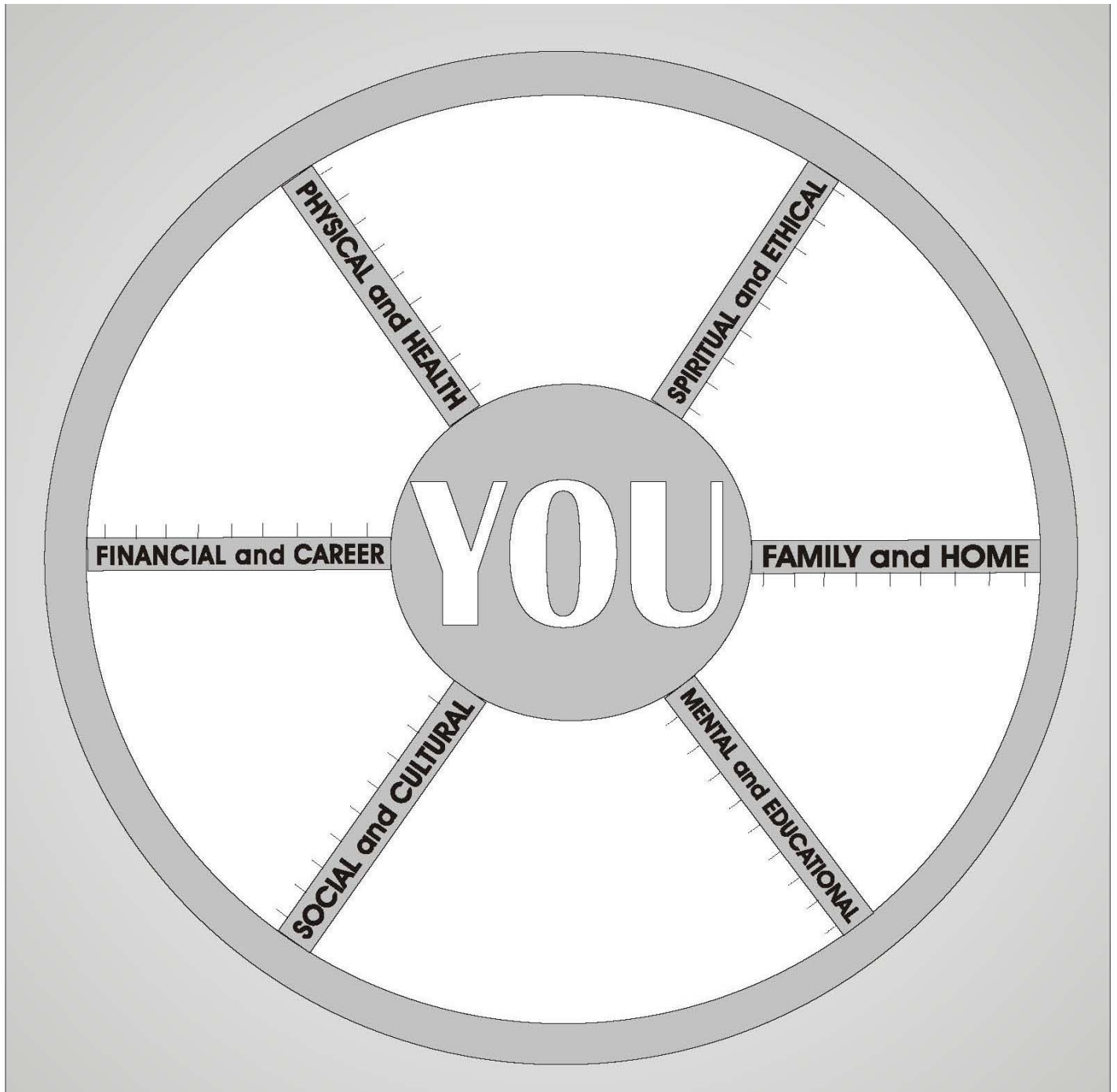
10. Tools for Reviewing and Reshaping your goals:

- Seeing the _____
- Start – Stop - _____
- _____ Thinking
- Compared to _____?





EXERCISE: Re-Do the Balance Wheel





11. What has changed since January?

12. Which areas would you like to focus on this quarter?

HOMEWORK: For any areas that have atrophied, go through your workbook and review your goals in those areas, then revisit your commitment.

“It is easy to dodge our responsibilities, but we cannot dodge the consequences of dodging our responsibilities.”

- Joseph Fort Newton





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:





RENEW YOUR FUTURE™

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.





NOTABLE QUOTES

"If there is no struggle, there is no progress." - Frederick Douglass

"We should not judge people by their peak of excellence; but by the distance they have traveled from the point where they started." - Henry Ward Beecher

"Energy and persistence conquer all things." - Benjamin Franklin

"Recognizing that you are not where you want to be is a starting point to begin changing your life." - Deborah Day

"Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful." - Albert Schweitzer

"If what you are doing is not moving you towards your goals, then it's moving you away from your goals." - Brian Tracy

"There is more to goalsetting than arriving at the destination. Be sure to enjoy your journey towards success." - Robert Helms

"Procrastination can be categorized as the habit, and that habit, if continued repeatedly and turned into a lifestyle, transforms into a bad habit that can pull us back from progress and delay our success." - Mark Thomas

"Life is a series of experiences, each one of which makes us bigger, even though sometimes it is hard to realize this. For the world was built to develop character, and we must learn that the setbacks and grieves which we endure help us in our marching onward." - Henry Ford

"However difficult life may seem, there is always something you can do and succeed at." - Stephen Hawking

"Look at a day when you are supremely satisfied at the end. It's not a day when you lounge around doing nothing; it's a day you've had everything to do and you've done it." - Margaret Thatcher

"The freedom to do your best means nothing unless you are willing to do your best." - Colin Powell

"For time and the world do not stand still. Change is the law of life. And those who look only to the past or the present are certain to miss the future." - John F. Kennedy