



DFL 2020 Goal Project

DISTINCTIONS
FOR LIFE

1 Desired End State

The DES is a clear vision of what you want to ultimately be in some aspect of your life.

2 SMART Goals

A SMART goal is a statement that is:

Specific - About one thing.

Measurable - a numeric criteria for measuring progress.

Achievable - The goal is realistically possible. Has someone else done it?

Relevant - Does it actually do what you think it should? Does it move you toward your DES?

Time Bound - When will it be done?

3 Why?

Why must you to accomplish this goal? What are the dire consequences if you fail?

4 No?

What will you say no to in order to accomplish this goal?

5 Action Steps

Work backwards from your goal creating action steps along the way. List Habits and Streaks moving you toward the result.

6 Who?

Who do you need to know, meet or talk to to make the goal happen?

Desired End State

SMART Goal

Why must you accomplish this goal? What are the dire consequences if you don't?

What will you have to say no to to accomplish this goal?

What actions must you take to accomplish the goal?

What Habits (Ongoing repeating actions) or Streaks (Number or time limited repeated actions) do you need to develop?

Who do you need to know, meet or talk to to make the goal happen?
