

dybye!

presents the...

Designing Your Best Year Ever!®

Goal-Setting Workshop

d!

20

ACCOMPLISHMENTS

The hardest arithmetic to master is that which enables us to count our blessings.
Eric Hoffer

What experiences from the past year are you proud of and grateful for?

- | | |
|-----------|-----------|
| 1. _____ | 11. _____ |
| 2. _____ | 12. _____ |
| 3. _____ | 13. _____ |
| 4. _____ | 14. _____ |
| 5. _____ | 15. _____ |
| 6. _____ | 16. _____ |
| 7. _____ | 17. _____ |
| 8. _____ | 18. _____ |
| 9. _____ | 19. _____ |
| 10. _____ | 20. _____ |

d!

5

ACCOMPLISHMENTS

Follow effective action with quiet reflection.
From the quiet reflection will come even more effective action.
James Levin

From your list of 20 accomplishments,
which experiences from the past year
are you **most** proud of and grateful for?

1. _____
2. _____
3. _____
4. _____
5. _____

12

GOALS

We all have two choices: we can make a living or we can design a life.
Jim Rohn

In each of the following areas of life,
what would you like to accomplish this year?

Spiritual & Ethical

1. _____
2. _____

Mental & Educational

7. _____
8. _____

Family & Home

3. _____
4. _____

Financial & Career

9. _____
10. _____

Physical & Health

5. _____
6. _____

Social & Cultural

11. _____
12. _____



4

GOALS

Unwritten goals are hazy goals and a hazy goal will produce, at best, a hazy result.
Paul J. Meyer

From your list of 12 goals, which goals will you **commit**
to accomplishing this upcoming year?

	DUE DATE
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____

6

HABITS

The formula for success is easy to follow: a few simple disciplines practiced every day.
Jim Rohn

In each of the following areas of life,
what habits would you like to develop this year?

Spiritual & Ethical

1. _____

Mental & Educational

4. _____

Family & Home

2. _____

Financial & Career

5. _____

Physical & Health

3. _____

Social & Cultural

6. _____



3

HABITS

Habits change into character.
Ovid

From your list of 6 habits, what habits will you **commit**
to developing this year?

1. _____
2. _____
3. _____

4

SACRIFICES

The ability to simplify mean to eliminate the unnecessary so that the necessary may speak.
Hans Hofmann

What obstacles and/or distractions will you limit or remove to ensure your goals are reached?

1. _____
2. _____
3. _____
4. _____

2

SACRIFICES

Those who would accomplish little must sacrifice little;
he would achieve much must sacrifice much;
he who would attain highly must sacrifice greatly.

James Allen

From your list of 4 sacrifices,
what obstacles and/or distractions will you **commit**
to limiting or removing to ensure
your habits and goals are accomplished?

1. _____

2. _____



COMMITMENT

Concentrate all your thoughts upon the work at hand.
The sun's rays do not burn until brought to a focus.
Benjamin Franklin

What one goal or habit will you
ABSOLUTELY COMMIT
to accomplishing this year?

I. _____

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