

# GOAL CRUSHING®

BREAKING BIG INTO BITE SIZED

## CLAIM YOUR TARGET

what do you want to accomplish?

## REFINE YOUR OBJECTIVE

get specific about your measures of success (numbers, dates, etc.)

## UNDERSTAND YOUR MOTIVATION

why is this goal important?

## STEP IT OUT

what has to happen for this goal to be successful?

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## HANDLE OBSTACLES

what are the potential roadblocks & what will you do when things get in your way?

## IMPLEMENT YOUR PLAN

what is the danger you face if you don't follow through?

## TREAT YOURSELF

how will you celebrate your win?