

Achieve your goals

This booklet is a help in reaching the goals you would like to achieve in the coming year. The questions will give you a clear idea of what your goals are and what you need to do to achieve them. Just think about what you have always dreamed of and let your thoughts flow. The answers you write down are yours, and only yours. So do not be afraid to write down the things that scare you.

Sit in a place where you feel comfortable and can let yourself dream. So whether it's at home, in a cafe or in a park is up to you. But avoid any internet, phone or anything else that may distract you during the course.

Remember that everyone, and we mean all realizations, discoveries or transformations, started with a decision about a change that something was done about. Just get started realizing your dream!

Step 1:

1. Take pride in what you have accomplished during the year and be proud of it. Then think about the downturns you have had throughout the year and what you will not experience again.
2. What are you most proud of from last year?
3. What would be on a newspaper headline describing the last year for you?
4. What would you like to have achieved last year that you did not achieve, and when will you do so?
5. When were you most happy with your life last year? What were you doing and who were you with?
6. What would you have done differently from last year?
7. What dream or goal did you achieve last year?

8. 7. When did the fear of making mistakes hold you back from achieving your goal?
9. What bored you last year that you hope to change this year?
10. What new and inspiring people did you meet last year? Who do you want to get to know better in the new year? Remember that you are the average of the five people you spend the most time with

Step 2:

Write a list of the places in your life where you would like to see a change and achieve results. It could, for example, be your marriage, your health, new knowledge on a specific topic, your finances, etc. Anything that you can think of that you would like to improve, write down. The more you write down, the more committed you will be to achieving them.

- 1
- 2
- 3
- 4
- 5
- 6
- 7
- 8

Step 3:

Before you start thinking about how to achieve the really big goals that you have set yourself, then it is an idea to start with the improvements and changes you would like to work on. It's like habits or New Year's resolutions. The difference between your goals and improvements is that you goals are something you achieve and then cross off your list, while habits are things you want to adopt for your life. These habits could include spending less time on the computer, starting to bike to school, getting more sleep, and so on.

The best way to achieve these habits is through this form. For best results, focus on one habit at a time. (It would ideally be no more than one a month). If you do one thing every day for a month, there is a high probability that it will become a habit and become a part of your routine in everyday life.

Write 12 habits that you would like to focus on over the next 12 months

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
12. .

Step 4:

Now you have to think big. The goals you write down now should be the goals that may well scare you a little. They may like to be a little funny or quirky. The most important thing is that it makes sense to you. So set your imagination free, and write down what goal you have this year.

Goal 1:

Goal 2:

Goal 3:

Goal 4:

Goal 5:

Goal 6:

Goal 7:

Goal 8:

Goal 9:

Goal 10:

Goal 11:

Goal 12:

Step 5:

Here you need to be specific. It is not enough to say that you want to lose 5 kg. Or that you want to make more money. You must write how you intend to achieve your goals. For example, if you want to write a book, write down how many words you have to write each day.

If you do not know the rules of the game, how will you win?

Be specific when writing how you want to achieve your goals

Goal	How you want to achieve it?
1	
2	
3	
4	
5	
6	
7	

8	
9	
10	
11	
12	

Step 6:

You now need to focus on how you view the outcome. You can either see all the negatives, or you can highlight all the positives you will experience when you achieve your goals. You therefore need to find out what makes you absolutely have to achieve your goal.

An example of finding the motivation to achieve one's goal is the story of the father who wanted to quit smoking but could not. It was then until his little daughter came up to him: "Father, I do not want you to die until I am 10 years old".

After she said that, it was as if a clear light came on for him and he never smoked again.

Write why you absolutely must achieve these goals

Goal	Why do you have to achieve it?
1	
2	
3	
4	
5	
6	
7	

8	
9	
10	
11	
12	

Step 7

The goals you have now set for yourself can be overwhelming to think about. Therefore, you need to zoom in on them and go in depth with them.

1. Take each goal and divide it into 3-5 tiny pieces. Then make 3-5 parts for the blunt small steps. Play with it a little.
2. While doing this, also think about who could help you achieve your goals. Behind every success there is also a team of people who have helped. For each goal, you must also write at least one person who can help you achieve your goal. It could be a classmate, someone from your family, or someone you may not know at all.

Goal	3-5 tiny pieces	3-5 parts	Who can help?

Step 8

Now you need to look at the goals and habits you have written down and put them in the months. Think about where it's smartest to put them. For example, if you know that you are going to travel in the month of June, avoid putting too many goals and habits in that month, but in places in September where you know you will have more time.

January	February
March	April
May	June
July	August
September	October
November	December

Step 9:

We are all going to keep what we promise more often if we tell it to people. Therefore, you must now tell at least four people about your goals. They need to keep you from reaching the goals you have set for yourself. Explain to them about your goals and why they are so important for you to achieve. Please also give them a copy of your form here, and use them as much as possible, because they are the ones who will have to push you a little if you are stuck.

Name	How they should hold you accountable (hear how it goes weekly, you need to present your goals on the 1st of each month, etc.)

Step 10:

Planning is an important part of this process. You will frequently need to look at your goals and habits. At least once a week. Your dreams will only come true when you routinely look at your goals and experience small progress. In one year, the small advances can become huge.

Write down when you want to review your goals and habits:

- Day of the week:
- Time of day:

Step 11:

Never look at your schedule and leave it without doing something to get closer to one of your goals. It may be the smallest thing that only takes 5 min, but it just needs to be done.

Choose a small task for your goals that you can do after looking through your schedule.