

7 Steps to Setting Explosive Goals Worksheet

You know you need goals.

But do you currently have life-changing goals set for yourself? Are they crystal clear, written down, and able to confirm whether or not you succeed?

If you're not regularly setting the right types of goals and working to achieve them, you're plodding through life. And if you're in a standard 9-5 job, it's worse... you're a cog helping someone else achieve their goals.

Get in the driver's seat and set goals worthy of a life you design and the legacy you want to leave.

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Use the 7 steps below to create 3 explosive goals that will take you from where you are today to where you want to be by the end of this year.

The right types of goals require an upheaval in your situation.

1. Make each goal big and ambitious. The goal should push you out of your comfort zone.
2. When you write the goal, do so in the present tense as if it is already achieved.
3. The wording should be positive rather than negative.

Think big. Then think sooner and bigger.

4. Each goal should have a deadline. Identify a date you'd like to complete it by. Be aggressive.
5. Each goal should be measurable, which means you should know if it is accomplished. In most cases, include the term "or better" at the end to say you want to achieve a certain goal "or better."

Find the emotional reasons to achieve your goal.

6. Write how you will feel once the goal is accomplished. Why do you want this goal long term?
7. Include what you will do in exchange, such as work hard, reach thousands of people, or give your full dedication.

Goal Template

I have *[insert measurable accomplishment]* **or better by** *[insert date]* **or sooner. I feel** *[insert emotion and long-term reason to achieve goal]*. **In exchange, I** *[what will it take from you]*.

Goal Samples

"I have a net worth of \$1.8 million or more by December 31st. I feel excited, fulfilled, and beyond proud as a result—my family is happy and secure, and we're poised to live the life we want without compromise. In exchange, I worked harder, smarter, and faster than everyone else. I took massive action daily. I executed game-changing business idea."

I have hit and maintained a healthy body fat percentage of 8-10% by December 31st or sooner. I feel younger every year and am proud to be able to enjoy a high degree of activity late into retirement. My health enables me to enjoy a vibrant life with my wife and son. In exchange, I exercise regularly and eat only clean, healthy foods."

"I have an annual earnings of \$250,000 (by December 31st) or more while working 35 hours or less per week on average. I am so happy to provide for my family while also spending ample quality time with them. In exchange, I am ruthless about my work time—working smartly on what delivers results."

Get Started

Now that you have 3 explosive goals created, it's time to take action. Write down your goals every morning as you start your day. Memorize them. Burn them into your being. Break down each goal into actionable steps, and set aside time to work on them every day. Make it your mission to achieve your top 3 goals and the life you want.

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