

BE A

Goal Getter

BECAUSE A GOAL WITHOUT A PLAN IS JUST A WISH

YOUR LIFE IS WORTH MORE THAN A WISH.

We have developed these printable worksheets to be used alongside our Goal Getters goal setting guide. The guide has examples of how to use the tools. If you haven't downloaded it yet - head over to www.jamjarbusinessclub.com/resources to get your copy today. Print as many as you need to create your goals, action plans and to do list. When you're finished - download our poster maker tool to turn your goals into an amazing vision board.

If you would like to share this content on your blog, website or in your workshops - please contact us to purchase the content.

We hope you have as much joy and success in your life using our methods as we have at Jam Jar.

With peace, love and gratitude,
Nadia Woodall xx



LOW HANGING FRUIT

OUR PROCESS IS BASED
AROUND THE LOW HANGING
FRUIT METHOD TO ACHIEVE
YOUR GOALS.

BUT WE START THE PROCESS
AT THE VERY TOP OF YOUR
TREE TO WORK OUT WHAT
YOU TRULY WANT FROM
YOUT LIFE.

Wheel of life

AN UNBALANCED LIFE WILL SWAY IN THE WIND
A BALANCED LIFE STANDS FIRM AND STRONG



IDEAS: LOVE, HEALTH, WEALTH, WORK, PASSION, PEACE,
SPIRITUALITY, FAMILY, CREATIVITY, LEARNING, CHARITY,
FRIENDSHIP, BUSINESS, GROWTH, ADVENTURE

What do I want?

"THE FIRST STEP TO GETTING WHAT YOU WANT IN LIFE
- DECIDE WHAT YOU WANT"

Ben Stein

CHOOSE TWO OR MORE THINGS PER AREA THAT YOU WANT FOR
YOUR LIFE. DON'T BE SPECIFIC OR GO INTO DETAIL.

THESE ARE YOUR OVERALL GOALS - THE HIGH HANGING FRUIT AT
THE TOP OF THE TREE



What do I want?



SEE IT

FEEL IT

CHOOSE IT

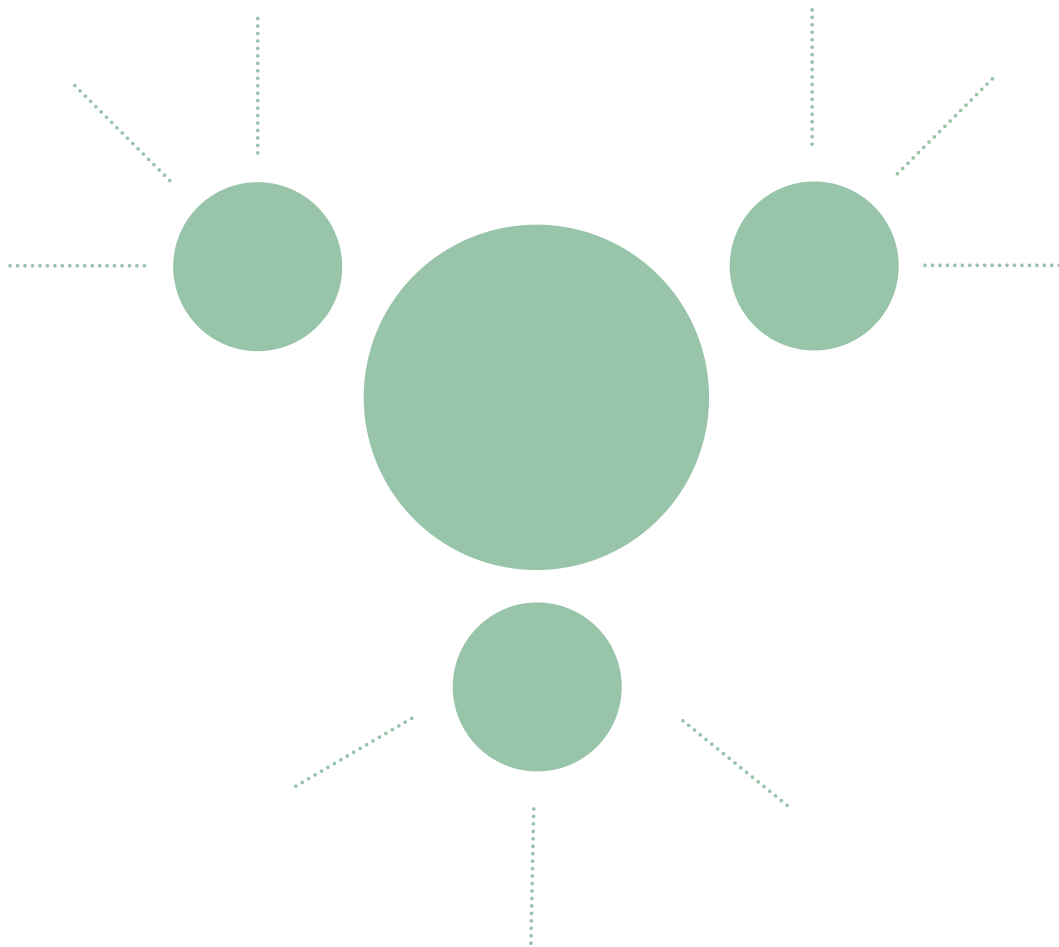
Why do I want this?

"IF YOU KNOW THE WHY - YOU CAN LIVE ANY HOW"

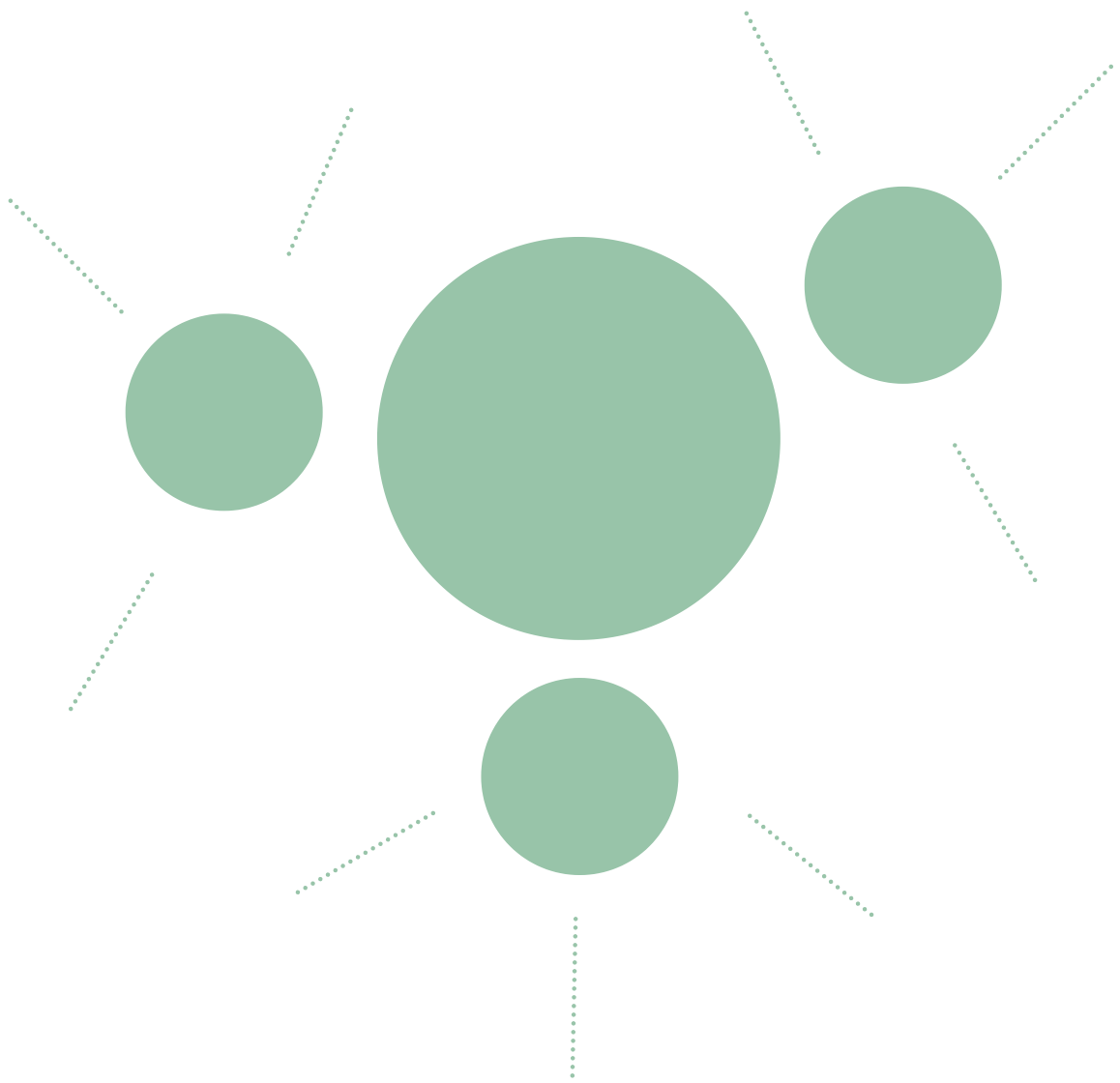
Friedrich Nietzsche

WRITE YOUR AREA FROM THE WHEEL OF LIFE IN THE CENTRAL CIRCLE AND YOUR GOALS FROM THE LAST STEP IN THE OUTER CIRCLES. CHOOSE THREE REASONS WHY IT'S IMPORTANT TO YOU FOR EACH ONE.

WHY ARE THEY IMPORTANT TO YOU? IF YOU DON'T LIKE THE ANSWER - ARE THEY REALLY WHAT YOU WANT?



Why do I want this?



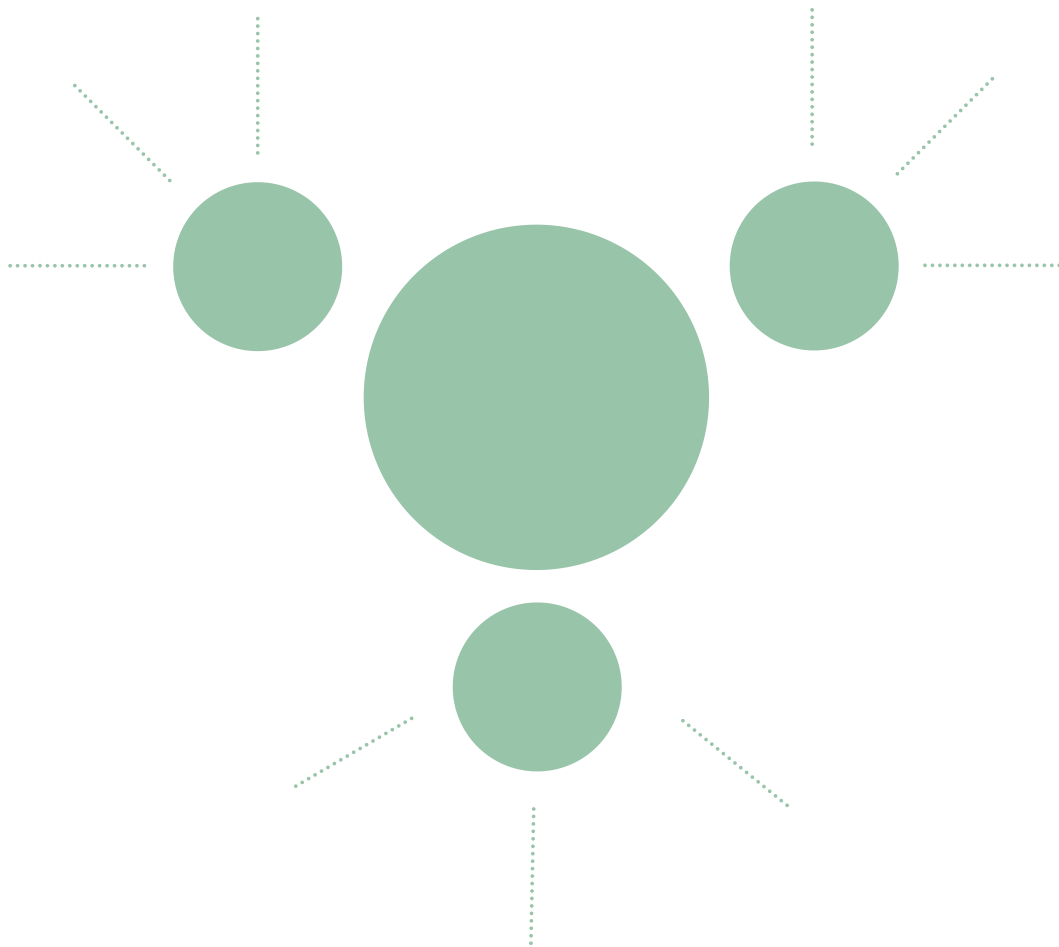
How will I know?

WE'RE NOT LOOKING AT HOW YOU WILL DO IT YET - JUST HOW YOU WILL KNOW WHEN YOU'VE ACHIEVED IT. DON'T BE TEMPTED TO START THINKING ABOUT THE DETAILS.

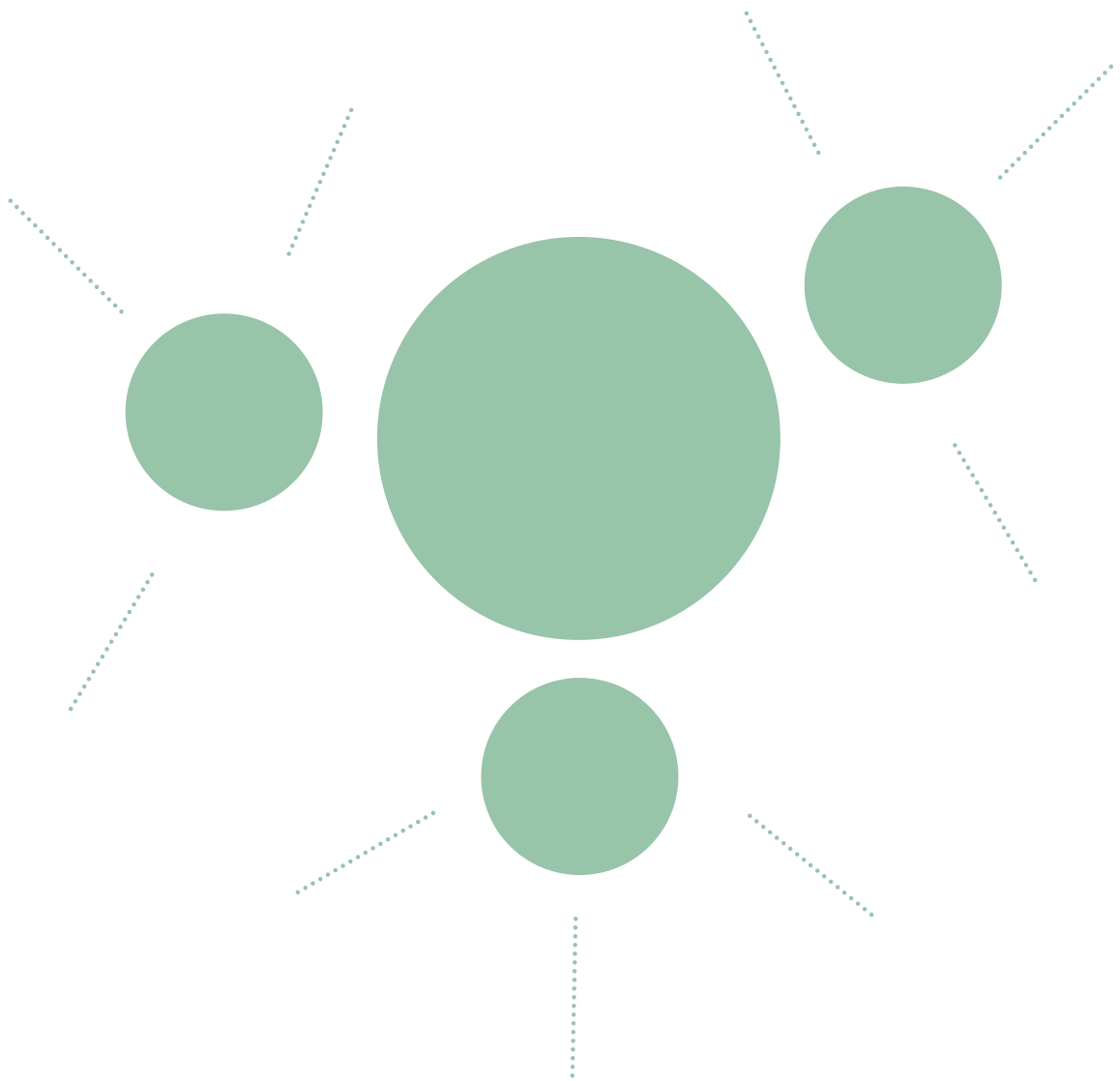
LOOK AT EACH GOAL AND THINK OF THREE OR MORE THINGS THAT WOULD MAKE YOU KNOW YOU HAVE ACHIEVED IT.

WHAT IS HAPPENING? WHERE ARE YOU? WHO ARE YOU WITH?
WHAT ARE YOU DOING?

THESE ARE YOUR MILESTONES - THE FRUIT JUST BELOW THE TOP OF YOUR TREE.



How will I know?



How will I get it?

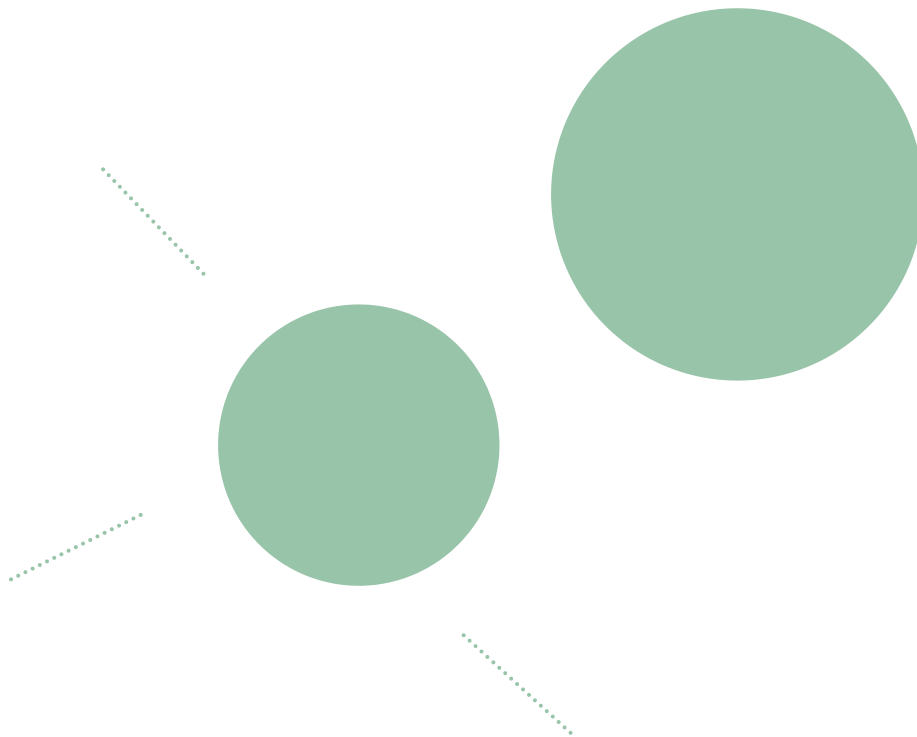
OLD WAYS DON'T OPEN NEW DOORS.

THE BIGGER YOUR GOALS, THE SCARIER IT IS TO START TO THINK ABOUT HOW TO GET THEM. IT'S OK TO BE ANXIOUS - IT JUST MEANS THAT YOU HAVE FOUND WHAT IT IS THAT YOU TRULY WANT.

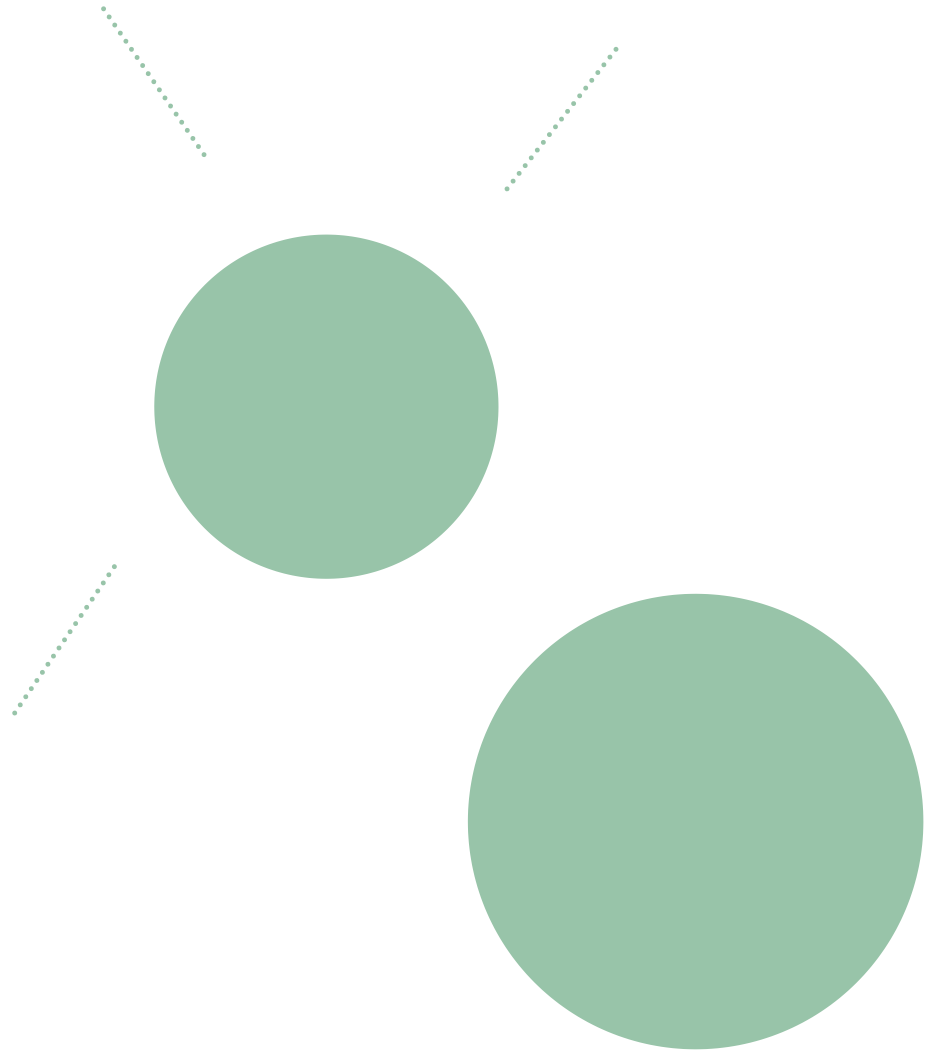
LOOK AT EACH OF YOUR "HOW WILL I KNOW" SECTIONS AND THINK OF THREE THINGS YOU COULD DO TO MAKE THEM HAPPEN. YOU DON'T NEED TO KNOW HOW YOU'LL DO IT - JUST WHAT THEY ARE.

WRITE YOUR TOP LEVEL GOAL IN THE BIG CIRCLE, AND YOUR MILESTONE (HOW WILL I KNOW) IN THE SMALLER CIRCLE. THEN THINK OF 3 THINGS THAT WOULD MAKE IT HAPPEN.

THESE ARE YOUR OBJECTIVES - THE MID HANGING FRUIT.



How will I get it?



My To Do list

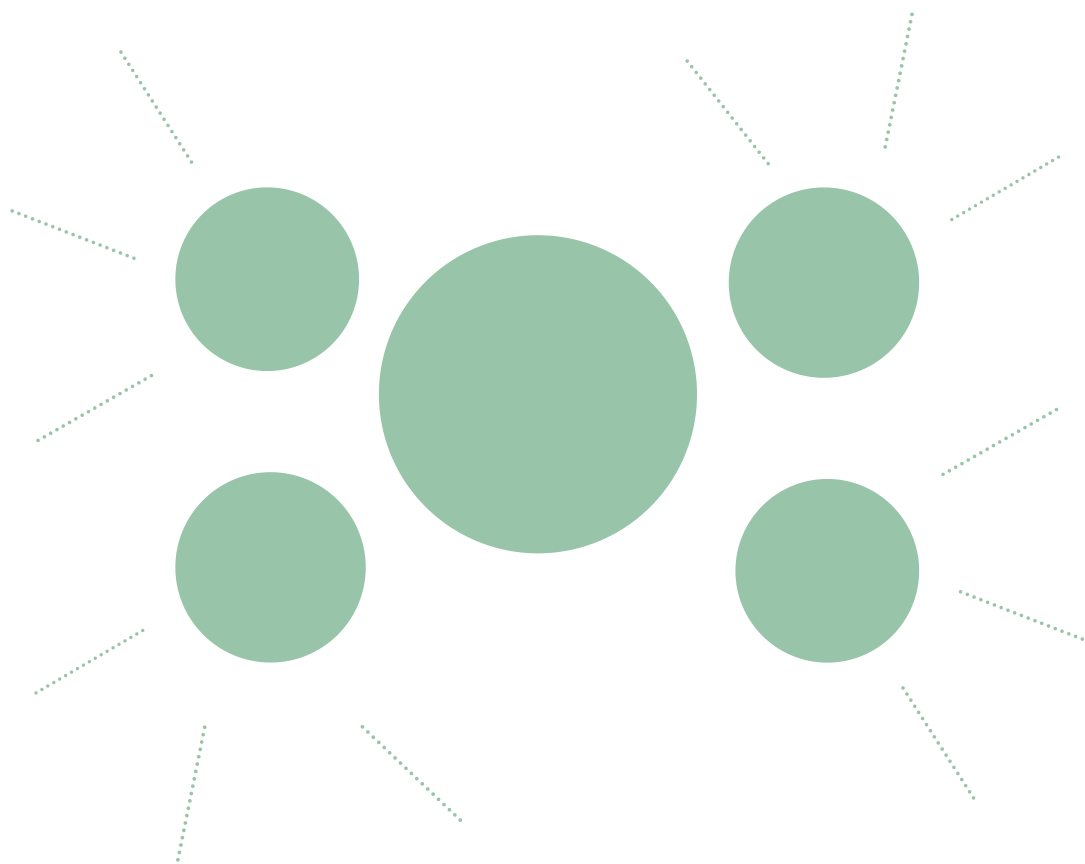
"THE MAN WHO MOVES A MOUNTAIN BEGINS BY CARRING SMALL STONES"

Confucius

NOW THAT YOU HAVE YOUR GOAL (YOUR HOW WILL I KNOW) IN THE BIG CIRCLE, AND YOUR ACTION PLAN CIRCLES (YOUR HOW WILL I GET IT'S)- IT'S TIME TO MAKE A TO DO LIST TO MAKE IT HAPPEN

SOMETIMES YOU MIGHT NOT YET KNOW HOW TO DO THEM - FOR EXAMPLE - YOUR TASK MIGHT BE TO RESEARCH SOMETHING, OR REACH OUT TO SOMEONE TO HELP YOU.

YOUR TO DO LIST ARE YOUR TASKS - THE LOW HANGING FRUIT.



ASK YOURSELF

WHO?

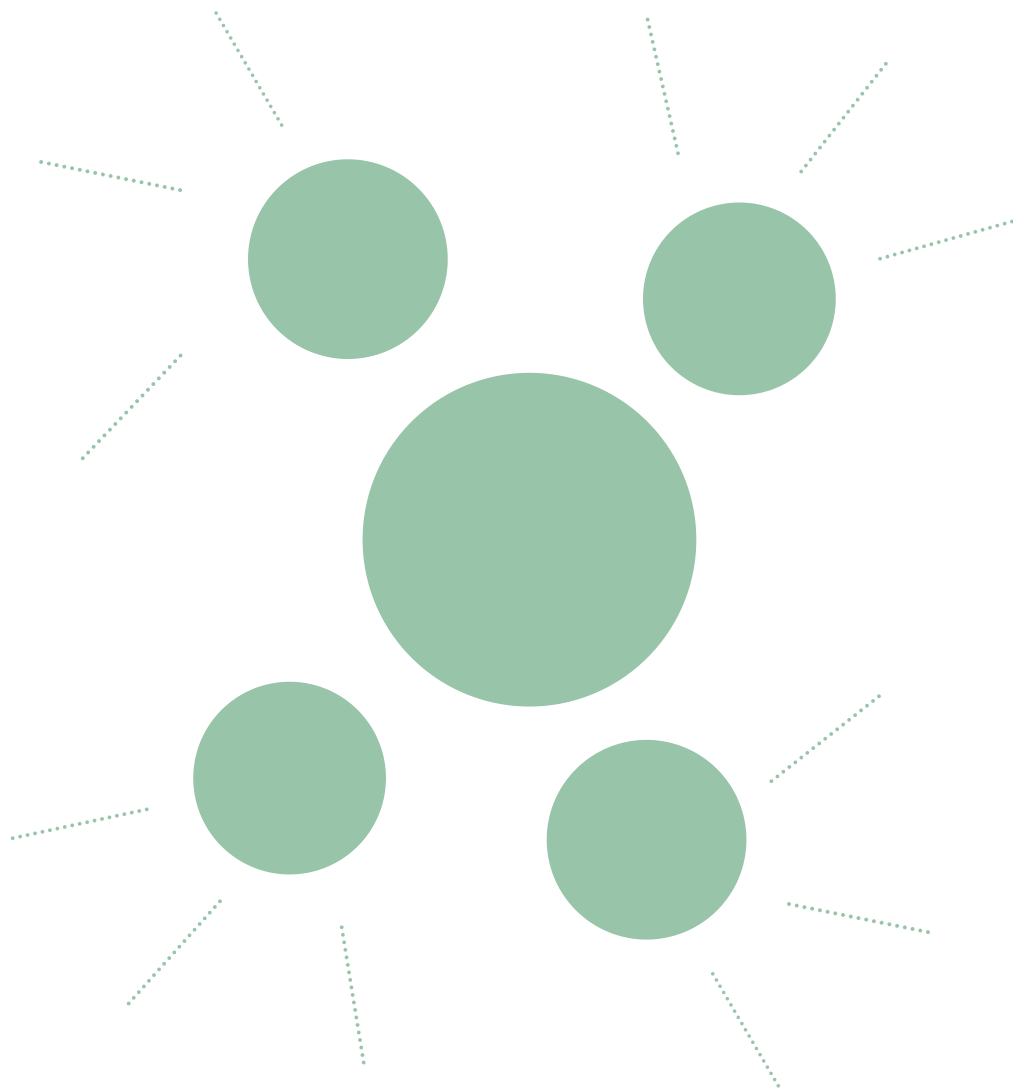
WHAT?

WHERE?

AND HOW?

TO HELP YOU

My To Do list



ASK YOURSELF

WHO?

WHAT?

WHERE?

AND HOW?

TO HELP YOU

When will I have it?

"A DREAM IS A WISH WITH A DEADLINE"

Napoleon Hill

A GOAL WITHOUT A TIMELINE ISN'T A GOAL, EVEN WITH CLEAR GOALS, MILESTONES, OBJECTIVES AND TASKS - UNTIL YOU PUT A DATE ON WHEN YOU WILL HAVE IT YOU WON'T HAVE EVERYTHING YOU NEED TO ACHIEVE IT.

YOU NEED TO ADD A TIME TO ALL THE PARTS OF YOUR GOAL, AND FOR THIS BIT WE WORK FROM THE BOTTOM UP RATHER THAN THE TOP DOWN.

STEP ONE

WORK OUT HOW QUICKLY YOU CAN ACTION EACH TASK ON YOUR TO DO LIST AND ADD THE DATES TO EACH ONE.

STEP TWO

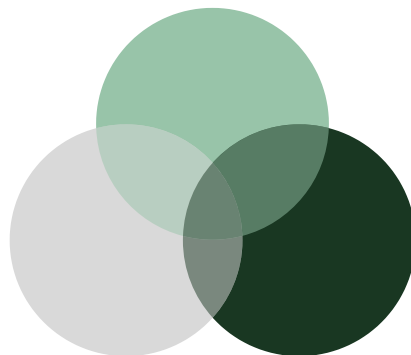
ADD THE FURTHEST AWAY DATE FROM THAT LIST TO YOUR OBJECTIVE (YOUR HOW WILL I GET IT)

STEP THREE

ADD THE FURTHEST DATE FROM ALL OF YOUR COMBINED OBJECTIVES TO YOUR MILESTONE (YOUR HOW WILL I KNOW)

STEP FOUR

ADD THE FURTHEST DATE FROM ALL OF YOUR COMBINED MILESTONES TO YOUR GOAL (YOUR WHAT DO I WANT)



Your Potential is limitless

A DREAM WRITTEN DOWN WITH A DATE - BECOMES A GOAL
A GOAL BROKEN DOWN INTO STEPS - BECOMES A PLAN
A PLAN BACKED BY ACTION - BECOMES REALITY.

MY
AMAZING
LIFE

WE WOULD LOVE TO HEAR ABOUT YOUR JOURNEY THROUGH
OUR GUIDE AND PRINTABLES. SHARE YOUR STORIES USING
#JAMJARBC AT @JAMJARBC