

Goal Mapping



Brain dump Goals

Be more positive
Start running
Read a book a month
Buy a new car
Join a gym
Take a vacation
Eat more plant-based foods
Up-skill on social media
Organise ladies night
Family mid-winter dinner
Develop business website
Join a football team
Take up yoga
Networking training

Find Themes

Personal
Health
Personal
Financial
Health
Social
Health
Education
Social
Social
Career
Health
Health
Career

Select Top 3 Goals



Chunk out the big Goals

- Buy a new car**
- Determine car budget
 - Check on financing availability
 - Determine car requirements
- Develop Business Website**
- Define Goals for website
 - Set budget
 - Get proposals from potential developers
- Take a vacation**
- Set budget for vacation
 - Decide on summer or winter season
 - Book flights & accommodation
 - Get leave approved

Create Monthly Goal Maps based on the above and check off as you go!