

Goal Splitting

Choose a large and daunting goal based on the work you've done on your values and vocation. Think about something that seems almost impossible but not quite. Think about a time span of roughly five years from now. Once you've decided on the goal, think about what do you need to achieve in the next 12 months to move it forward. Then think about the next month and the next week. Finally, think about one single action that will move you forward towards your daunting goal tomorrow. Do it first thing tomorrow.

5 years

Long-term goal: _____

1 year

1 year

1 year

Mid-term goal: _____

1 month

1 month

1 month

1 month

1 month

1 month

Short-term goal: _____

1 week

1 week

1 week

1 week

1 week

1 week

1 week

1 week

1 week

1 week

1 week

1 week

Immediate goal: _____

Day

Day

Day

Day

Day

Day

Day

Day

Day

Day

Day

Day

Next Action: _____