

DAY 3
CHAPTER 3
RE-EVALUATE:

REALISTIC GOALS AND HABITS WORKSHEET

Goals and Habits

Brain Dump: Write down everything that comes to mind about:

Spirituality:

1. Do you take time to meditate, self-reflect, or pray?
2. Do you take time daily to self-evaluate your mindset?
3. Do you put into practice the things you have processed?
4. Do you set an example that others would want to follow?
5. What are your beliefs? Do you live them? How do they appear to others?

Brain Dump: Write down everything that comes to mind about:

Health:

1. Have you avoided or put off decisions regarding your health?
2. Are you being proactive with your health?
3. Do you make time for your health, annual schedule appointments, etc.?
4. Do you need to lose weight but don't know how to eat right or exercise?
5. What are one or two things you can do to improve in this area?

Brain Dump: Write down everything that comes to mind about:

BUSINESS:

1. How often do you check your books? Your inventory?
2. Do you have monthly/weekly goals or targeted employed participation and effectively delegate the numbers and goals?
3. Have you completed quarterly checkups of budget, goals, and time?
4. List Issues you have avoided or put off with excuses regarding the health of your business.
 - A. Do you have issues that may benefit from outside assistance or delegation?
 - B. Do you have the right people in place for what needs to be done?
 - C. Do you or your staff require mindset checks to keep you on task?
 - D. Do you need to Re-Structure but don't know how or where to begin?
5. What are one or two things you can do to improve in this area?

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Brain Dump: Write down everything that comes to mind about:

Relationships:

1. If you are single, consider if you want to get married.
2. If you are married, think if you're going to have kids.
3. If you are married, do you spend enough time with your spouse?
4. If you have kids, do you spend high-quality time with them?
5. Are there some relationship issues you need to address?
6. Do you need better friends or more supportive relationships?
7. What are one or two things you can do to improve in this area?

Brain Dump: Write down everything that comes to mind about:

Personal Growth:

1. Are there skills you need to refresh or learn to be more effective or efficient?
2. Is there a class or seminar you want to take?
3. Is there a book you want to read or listen to on audio or a podcast?
4. What areas do you want to grow in, and what steps can you take to get there?
5. What are one or two things you can do to improve in this area?

Brain Dump: Write down everything that comes to mind about:

Finances:

1. Do you create a budget monthly, quarterly, and annually for home and work? Do you evaluate/re-evaluate your budget for personal and business?
2. How are you currently tracking finances for personal and business?
3. Let's say hypothetically that you will start saving \$3,000 a month. Do you have a plan to save for a home and work?
4. How much money do you want to make? You want to make \$50,000 a month. Do you have a plan to accomplish this?
5. What are one or two things you can do to improve in this area?