

7 **EASY**
STEPS *to*
GOAL SETTING
SUCCESS

FORMS

PAM PALAGYI

Step # 1: Wrap Up

What did I do right last year? Where was I successful? What did I accomplish?

Where could I have improved? What are those reoccurring troublesome areas of my life?
Where do I struggle? Do I have any regrets?

What do I need to eliminate? What robs me of time and energy? Are there things that have gone past their expiration date and need to be thrown out? Have I outgrown certain activities?

What do I need to add? What is missing from my life? What areas cry out for attention? Where do I need to expend more time and energy? Where do I need to shift my priorities?

Do I need to forgive anyone? Do I need to forgive myself? Do I need to ask forgiveness from God or others?

Am I able to close the door to this past year and move into the future? What is preventing that from happening? How can I resolve the issue? Can I release the successes and failures and focus on the future?



101 Goal-Storming Questions

General Questions:

What is the one place would I like to visit?
What is the one thing I would like to do before I die?
What one thing do I need to do daily?
What is the one thing I should to do weekly?
What epitaph do I want on inscribed on my tombstone?
What do I want to have accomplished at the end of my life?
What legacy do I want to leave behind?
What do I value in life?
What would I sacrifice my life for?
How would I spend my time if I had only six months to live?
What have I always dreamed of doing but was afraid to attempt?
What gives me the greatest feeling of satisfaction?
What gives me the greatest feeling of self-esteem?
Where do I find the greatest feeling of joy?
What are my strengths?
What are my weaknesses?
What one word would describe my next year?

Spiritual:

Do I have an active spiritual relationship with God?
Am I satisfied with my current spiritual status?
How can I improve my overall spiritual relationship?
Do I regularly attend worship services?
Do I participate in activities at my place of worship?
Do I have a personal devotional time?
When do I read my Bible and pray?
If God were in charge, what changes would he make in my spiritual life?
What is the one thing I could do that would most please God?

What inspirational books can I read?
What conferences or seminars could I attend to grow spiritually?
What media could I listen to that would help me to grow spiritually?
Do I know my spiritual gifts and function in them?

Mental:

How can I nurture my mind daily?
What is the one thing I have always wanted to learn?
Is there any knowledge I want to acquire?
What information and skills do I need to achieve other goals?
What conferences or training would enhance my personal development?
Is there a musical instrument I would like to play?
Is there an art form I would like to learn?
Should I go back to school?
What books will I read or listen to this year?
How will I keep my mind active during retirement?
What book would I like to write?

Financial:

What do I need, want, or desire to purchase in the future – short term and long term?
Will I purchase a new home, a new car, a boat, a swimming pool, etc.?
How much do I want to earn?
Do I have the resources to finance my education?
What are my retirement plans?
Do I want to start my own business?
Do I have a budget?
Am I living within my means/budget?
Do I have debt I want to eradicate?
Would I like to live debt-free?
What are the things I would like my family to have?
How much do I give to charity/church?



101 Goal-Storming Questions

Have I set aside finances for my children's education?

Physical:

How will I improve my overall physical health?
Is my there something about my physical appearance that I want to change?
Does my weight fall within the boundaries for my height, build, and age?
Is there anything about my eating habits that I need to change?
Is there anything about my drinking habits I need to change?
How do I exercise?
Have I scheduled a physical for this year?
Is there a new sport/activity I would like to learn?
How will I improve in the sports/activities I currently enjoy?
Am I getting enough sleep?

Social:

Do I give my relationships priority in time and energy?
Would I like to be married?
Do I want to have children?
How would I describe my current social circle?
Are there any negative relationships that need to be eliminated or adjusted?
How do I develop a healthy relationship with my spouse? My children? My parents? My extended family?
How can I improve as a spouse?
How can I become a better parent?
What are my children's strengths? How can I support them?
What are my children's weaknesses? How can I help them?
How often do I take vacations?
Where do I want to go on vacation?
What hobbies do I enjoy?
What hobbies would I like to learn?
How often do I spend time alone with my spouse?
How often do I enjoy family activities like a family fun night?

Am I in a mentoring relationship?
How will I get involved in my community?
Would I like to have my own Website or Blog?
Who do I admire?
Who would I like to get to know?

Professional:

What would I do for a living if money wasn't a factor?
Am I content with my current work situation?
Do I find what I do to be just a job or is it a satisfying career?
Where would I like to work?
What dream job would I like to have?
What would it require to get my dream job?
Are there other career fields that interest me?
How could I prepare for a career change?
What qualities are required for advancement in my current position?
What level do I want to reach in my career? How will I get there?
What do I want to achieve?
What books, training, or conferences would help me to grow professionally?
How do I define success in my profession?
What is holding me back?
Who could help me to advance?
Am I in a mentoring relationship?



Step # 4: Spiritual

LIFETIME

LONG-TERM

SHORT-TERM

DAILY

DAILY

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DAILY



Step # 4: Social

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LONG-TERM

SHORT-TERM

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Step # 4: Financial

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Step # 4: Mental

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Step # 4: Professional

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SHORT-TERM

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DAILY



Step # 4: Physical

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LONG-TERM

SHORT-TERM

DAILY

DAILY

DAILY

DAILY



One Year Action Plan

Spiritual Goals

Mental Goals

Professional Goals

Financial Goals

Social Goals

Physical Goals



90 Day Action Plan

Spiritual Goals			
Mental Goals			
Professional Goals			
Financial Goals			
Social Goals			
Physical Goals			

Action Steps					
Action Steps					
Action Steps					
Action Steps					
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Action Steps					

Reward			
Reward			
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Thank You!

I hope you enjoyed 7 Easy Steps to Goal setting Success!

My heart is to see everyone moving forward in faith and stepping up to their full potential. I am convinced that each one of us was created for wonderful things. I hope this guide to goal-setting will help you to recognize your possibilities and take action.

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Feedback is always good. Send me an email at pam@pampalagyi.com. I read every email, so don't be afraid to say hi!

Thank you again. I wish you great success!

Pam Palagyi

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