

STU SCHAEFER

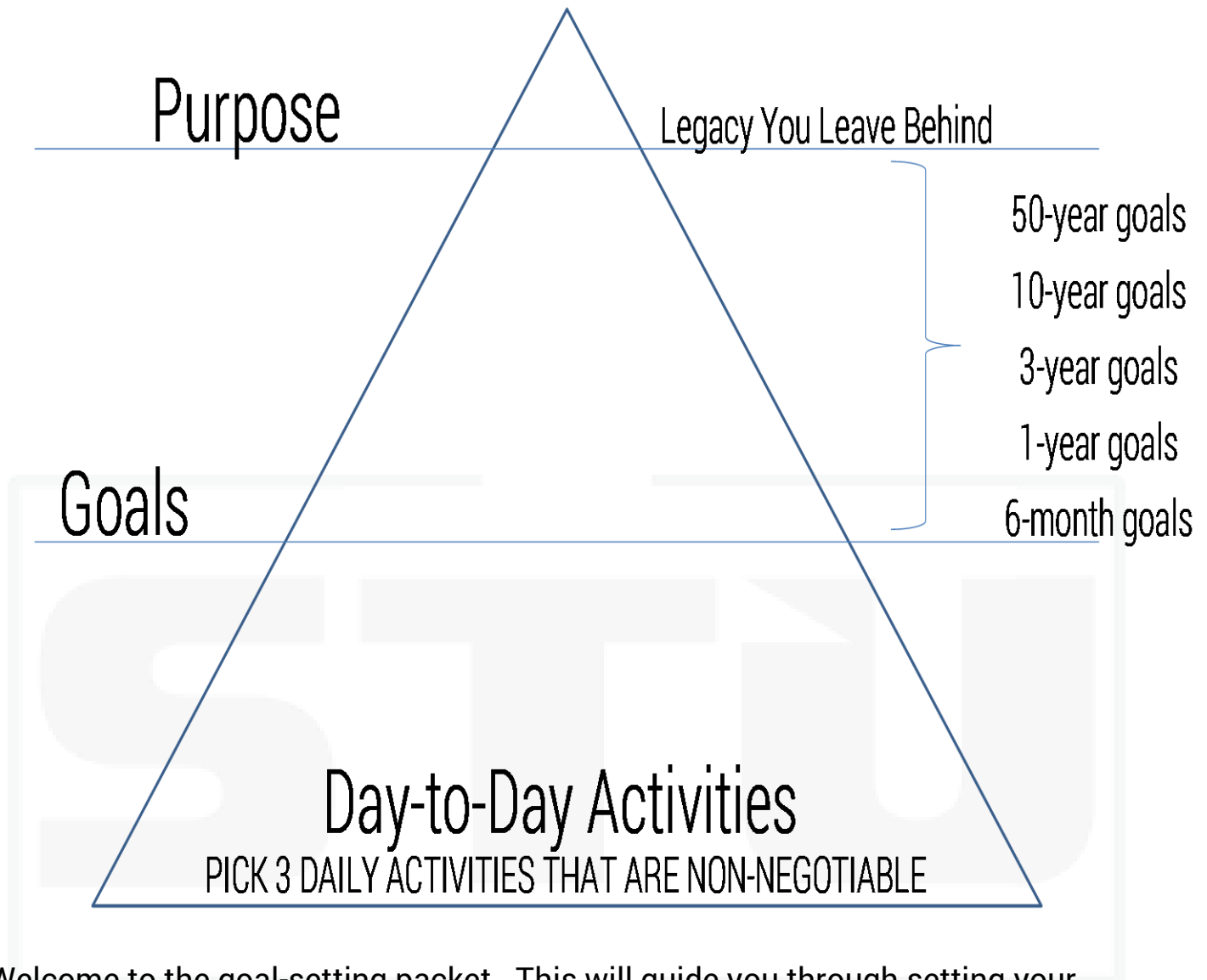
The No-Nonsense

Goal Setting

GUIDE



Giving You Control of Your Life



Welcome to the goal-setting packet. This will guide you through setting your purpose, long-term goals, mid-term goals, and short-term goals.

To get started, simply follow the guide and come up with each of your goals. Don't worry if you think they'll change. The most important thing is to get started by writing your goals and ideas on paper!

Remember any goal should be SMART – Specific, Measureable, Attainable, Risky, and Timely (has a deadline).

Purpose & 50-Year Goals

Your purpose is like your mission statement. It explains why you're on this planet and what you want to make your life about. This is the big picture, and it also requires a lot of thought.

Don't skip this step, and don't rush through it. I recommend spending some time in silence to really figure out why you're here.

Your purpose is usually just a 1-sentence statement.

Purpose:

Your 50-year goals should be big. So big you might think they're impossible. They should get you very excited and maybe even a little nervous. Even if you don't think you'll be alive in 50 years, these goals are important to help you think big, create a long-term vision, and give you something to fight for in life.

I recommend making two or three 50-year goals: One for business/professional and one for personal.

50-Year Goals

10-year & 3-year Goals

Your 10-year goals start becoming realistic because you can probably see how you might get from where you are today to where you want to be 10 years from now. The 10-year goals are a big stepping-stone towards your 50-year goals.

I recommend making three 10-year goals: 1 personal, 1 professional, 1 health

10-year Goals

Now you're at a very important goal level. The 3-year goals start solidifying your plans and should be very tangible. You should still ignore whether you think they are possible or not. Three years from now, what you think is impossible will be very possible because of how much you grow and learn. Write these 3-year goals as a definite and specific target for you to hit. Make sure you put some pressure on yourself!

I recommend 3-5 goals here...

3-Year Goals

1-year & 6-month Goals

Your 1-year goals are the most important because they will connect all of your other goals so you can see the path on which you must travel. They are indicators as to how well you are moving towards your longer-term goals.

Take your 3-month goals, and work back to create your 1-year goals

1-year Goals

The 6-month, 3-month, and 1-month goals are all used to pace yourself to achieve your 1-year goal. Once you come up with your monthly goals, you can start planning your day-to-day activities and know exactly what to do each day without feeling overwhelmed.

These shorter goals should create a visible path for how you can achieve your goals and what your journey will look like.

6-month Goals

MY GOALS

My Purpose:

50- Year Goals

10-Year Goals

3-Year Goals

1-Year Goals

6-Month Goals

1-Month Goals

Congratulations on completing your goal setting guide! Now you have your life plan written on paper and clearly articulated!

The next step is to take action. Each day, set 3 daily goals that you'll accomplish no matter what. This will ensure that you chisel away at your goals and move closer and closer to them each day.

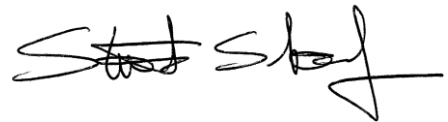
The amazing part of doing this is that you won't notice much on a daily basis, but you'll wake up one day and realize you have achieved your goals and dreams.

The key is persistence and staying focused on your goals when distractions come into your life.

You must persist in accomplishing your little goals each day, month, and year. If you do this, you will achieve your wildest dreams.

Good Luck!

Stu

A handwritten signature in black ink, appearing to read 'Stu', with a stylized, sweeping flourish extending to the right.