



Inside-Out Goal Setting Guide

Inside-Out Goal Setting Test Questions

Use the "inside-out goal test questions" to measure the potential of each goal to add the maximum juice to your life. If your answer is "no" to one or more of the test questions for a particular goal, rework it or consider releasing it.

1. Does this goal light up my soul?
2. Is this goal coming from the inside?
3. Is this goal bite-sized or can it be broken down into bite-sized pieces?
4. Is this goal measurable?
5. Am I working toward something?

Follow the Inside-Out Goal instructions in the book and, when you're ready, complete the template for your first goal.

1. Name your Inside-Out Goal:

2. Write a Brief Description:

3. Gauge Importance of your Inside-Out Goal:

What does it mean to me and to my life to accomplish this goal?

What are the consequences to me of not meeting this goal?

4. Measure your Commitment Level at this time:

1-2: I'll think about it when I get a free minute	3-4: I'll get started and see what happens	5-6: I'll make a plan and try to stick to it	7-8: I'll devote serious, consistent energy to this	9-10: I'll do whatever it takes to make this happen
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5. Bring Your Vision to Life!

Paste pictures that represent your goal below.

6. Write the First Three Steps:

1.

2.

3.

Once you've completed the first three steps, write the next three and so on.

7. Write the Next Three Steps:

1.

2.

3

8. Write an Encouraging Message from Your Future Self (who completed the goal):

10. Give yourself a reward for completing steps toward your goal! Note below what nice thing you did for yourself: