



SUPER GEEK LIFE GOAL PLANNING TEMPLATE

BE AS DETAILED AS POSSIBLE. USE A NOTEBOOK IF YOU RUN OUT OF ROOM.

I. WHAT ARE YOU TRYING TO ACCOMPLISH? WHY IS IT MEANINGFUL? _____

A. WHY? _____

B. WHY? _____

C. WHY? _____

D. WHY (AS MANY TIMES AS YOU NEED TO UNTIL YOU RUN OUT)

I. PUSH AND PULL

A. IF YOU ACCOMPLISH THIS GOAL IT WILL BE GOOD BECAUSE (CREATE A COMPELLING FUTURE...PULL): _____

B. IF YOU DON'T ACCOMPLISH THIS GOAL IT WILL BE BAD BECAUSE (CREATE A PAIN POINT...PUSH): _____

II. MEASURABLE (REPEAT A AND B AND C FOR ALL MINI GOALS)

A. HOW DO YOU MEASURE PROGRESS _____

B. WHAT IS THE MINIMUM EFFECTIVE DOSE (TIME/UNITS/OTHER) _____

C. PLANNED FINISH DATE FOR MINI GOAL (IF APPLICABLE)

D. SCHEDULE WHEN WILL YOU DO THIS? _____

E. HOW OFTEN WILL YOU EVALUATE PROGRESS? _____

(EACH TIME YOU EVALUATE PROGRESS YOU SHOULD RECORD AND REASSESS A, B, AND C FOR EACH OF YOUR MINI GOALS OR ADD NEW MINI GOALS)

III. START DATE _____

IV. FINISH DATE _____

REMEMBER IT'S UP TO YOU TO MAINTAIN CONSISTENCY. KILL YOUR EXCUSES AND TREK ON WHETHER YOU FEEL LIKE IT OR NOT. POSITIVE MOMENTUM IS THE KEY! YOU CAN ALWAYS REASSESS AND CHANGE YOUR PLAN.

IF YOU'RE NITPICKING THE PLAN, THEN IT'S PROBABLY TOO COMPLEX, YOUR GOAL PROBABLY ISN'T GOOD, OR YOU'RE JUST MAKING EXCUSES!

STAY GEEKY!