

SETTING GOALS EXERCISE

Exercise:

Write down the goals you wish to pursue and determine the goal behind the goal:

Goal #1:

Goal:
Reason:
Goal behind the goal:

Goal #2:

Goal:
Reason:
Goal behind the goal:

Goal #3:

Goal:
Reason:
Goal behind the goal:

Now use the iTopia acronym to build out your goal(s):

Goal #1:

Intention:

Obstacles:

Timeframe:

Plan:

Initiatives:

Achievement:

Goal #2:

Intention:

Obstacles:

Timeframe:

Plan:

Initiatives:

Achievement:

Goal #3:

Intention:

Obstacles:

Timeframe:

Plan:

Initiatives:

Achievement:

Refer to the goals success matrix when setting your goals:

Goals success matrix:

