

# GL

mygoodlife

THE MINI GUIDE



*Lindsay Teague Moreno*

1

## PERSONAL

what are the things you've always wanted to do for yourself? what do you feel the desire to accomplish personally in the next 5 or 10 years? this section is just for you and there aren't right or wrong answers. Don't write personal goals for others.



2

## SPIRITUAL

take a good, hard look at your spiritual life. what might be improved by simply spending more time focusing on what you believe in? spiritually speaking, what do you struggle with that you feel a strong desire to explore further? what could you spend time doing to create a stronger connection to your faith?



3

## FINANCIAL

money is often a really hard part of our lives to unpack and get on top of. it's no wonder it causes so many problems in our lives if we aren't careful. what programs could you take part in to get a hold on your finances? what do you wish you had the money to do right now? what could you do to make your money work for you now and in the future?



4

## HEALTH

health goals not written down with action steps are so easily forgotten and put aside. what activity do you like to do that would help you accomplish your health and wellness goals? how could better health improve your life?



5

## BUSINESS

as entrepreneurs, we probably set a lot of goals for our work. how can we think big picture about what we want for our businesses? what kind of rewards would come from creating a profitable business? how much income do you want to bring in and how do you get there?



6

## RELATIONSHIPS

without people, our lives could be so empty. it's important to focus on building the relationships with the people in our lives. think about how you could create more connection to your kids, your spouse and your friends. how can you show people how important they are to you?



# yourbiggoal



for each of the focus areas, write one or two really big goals. think big. like real big. your big goal (often called a bhag -- big hairy audacious goal) should be a long-term goal. think 1-5 years into the future.

think through what you really want for your life in each focus area and write down what you want to accomplish.

don't be afraid to shoot for the moon in this area. you will break this big goal down into bite size pieces in the next section so it's more easily accomplished.

as you progress toward your big goal, don't be afraid to adjust it as your priorities and desires for your life change. You can always rewrite what you want your story to say.

personal

I WILL \_\_\_\_\_  
\_\_\_\_\_

spiritual

I WILL \_\_\_\_\_  
\_\_\_\_\_

financial

I WILL \_\_\_\_\_  
\_\_\_\_\_

health

I WILL \_\_\_\_\_  
\_\_\_\_\_

business

I WILL \_\_\_\_\_  
\_\_\_\_\_

relationships

I WILL \_\_\_\_\_  
\_\_\_\_\_

Big Ideas

# yourstepgoals



## TWO STEP GOALS FOR EACH BIG GOAL

here is the part in this process where you break down your big goal into smaller step goals. this will help you focus on a goal that is more easily accomplished but by proxy, meeting these goals would help you accomplish your big goal.

these step goals will be more short term and need to be concrete goals. that means that you need to attach parameters like time limits and

specifics about what you will accomplish. the more specific, the better.

a good way to make sure you're on track is to make sure your step goals follow the smart goal format. each goal should be:

specific  
measurable  
attainable  
rewarding  
time bound

personal

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

spiritual

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

financial

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

health

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

business

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

relationships

STEP GOAL 1 \_\_\_\_\_

STEP GOAL 2 \_\_\_\_\_

three steps goals

# your action steps

here is the part of the process where you take what you want to do and break it into actionable pieces. each of your step goals should have at least three action steps attached to it so you know what you should be focusing on every day or week to make a step toward your ultimate goal.

your action steps should be activities that keep you on track and moving. without the action, your step goals can feel a little bit grand. by figuring out the actions that will help you meet each of your step goals, you'll find yourself making a lot of headway in a short amount of time.

it is important to make sure your action steps aren't too time consuming. they should be actions that you already know how to do or can easily figure out how to do in order to build up to

your step goal.

here are some tips on figuring out what your action steps may be to get you closer to your big goal.

1. read a book about the goal you want to achieve. it may have some good insights for you or at least spark your creativity.
2. reach out to someone who has been successful in the field you're working on. in a short and to-the-point email or message, ask them a question that will help you identify important action steps you can take.
3. take an online course. there are some amazing courses online to help you reach any kind of goal. just make sure the person you're taking advice from has actual experience in the field they're teaching about.



*Don't wait*  
until you reach a goal  
to be proud of yourself.

*Be Proud*  
of every step you take toward  
reaching that goal.





# PERSONAL ACTIONS

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# SPIRITUAL ACTIONS

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# FINANCIAL ACTIONS

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## HEALTH ACTIONS

one

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two

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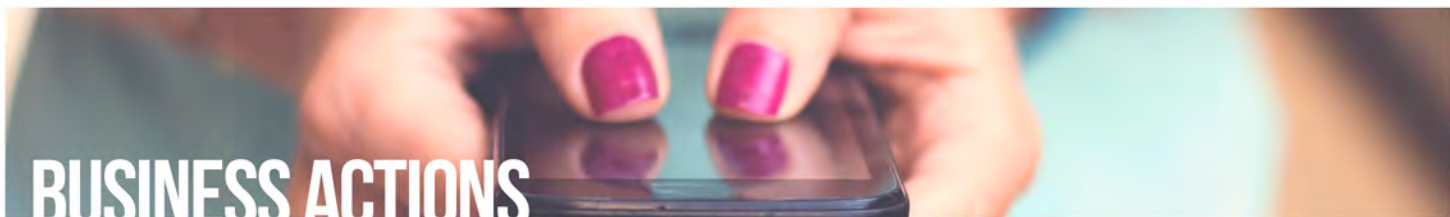
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## BUSINESS ACTIONS

one

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two

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## RELATIONSHIPS ACTIONS

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two

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"There are many virtues and values, but here's the greatest, one person caring for another." There is no greater value than love. Better to live in a tent on the beach with someone you love than to live in a mansion by yourself. One person caring for another, that's one of life's greatest expressions. So make sure in your busy day to remember the true purpose and the reasons you do what you do. May you truly live the kind of life that will bring the fruit and rewards that you desire.

