

SESAN KAREEM 5Rs GOALS GETTING WORKSHEET
THINK CLEARLY, PLAN METHODICALLY, ACHIEVE HIGHLY
RECORD AMAZING RESULTS IN 2018

STEP 1: *Results*

Write down your desired results at the end of the year in present tense. Make sure it is specific, measurable, relevant and clear. As you write, don't focus on HOW to accomplish your goals. Just write.

Personal Goals

- i.....
- ii.....

Professional Goals

- i.....
- ii.....

Learning Goals

- i.....
- ii.....

Financial Goals

- i.....
- ii.....

Relationship Goals

- i.....
- ii.....

Health Goals

- i.....
- ii.....

Spiritual Goals

- i.....
- ii.....

Business/Career Goals

- i.....
- ii.....

Impact Goals

- i.....
- ii.....

What are the three most important results you desire in 2018 out of the above written goals. Achieving these 3 goals can take you to your next level and influence your life in a big way. Rate all your goals from 1 to 10 and select the top three that matter to you most. Write them down.

- i.....
- ii.....
- iii.....

STEP 2: *Reasons*

Why do you want to achieve all your results? Most importantly, why do you want to achieve your top three goals for 2018? Reasons matter a lot. Write down your definite reasons you must achieve your results.

- A. Personal Reason (Is it because you want to improve your self-confidence, self-worth , self-image. Write your reason)
.....
- B. Inner Circle Reason (Do you want to take good care of your wife, parents, children, or family. Write your reason)
.....
- C. Big picture reason (Do you aspire to make a difference in your industry, company, community, nation or the world)
.....

STEP 3: *Re-actions*

What are the consistent actions you will take to achieve your results? What daily routine are you going to do to become better every day? Remember, it is not just about what you will achieve at the end of the year, it is more of who you will become in the process of running towards your results that matter most in the end.

What good habits are you going to develop and improve on (Is it Reading, meditation, planning, exercising or praying)?

What are you going to stop doing, start doing and continue doing?

Stop Doing	Start Doing	Keep Doing

STEP 4: *Reports*

- A. Daily Report: Reflect every night on your day. Ask yourself every night, what is ONE thing I can do tomorrow to move towards the achievement of my results? Write down your answer and act on it the next day.
- B. Weekly Report: Schedule your activities for the week. Check your progress weekly.
- C. Monthly Report: Review your performance at the end of the month. Set small monthly goals that lead you to your desired results at the end of the year (the income you want to make for the month or weight you want to lose, etc)
- D. Quarterly Report: Each quarter of the year, take a careful look at your goals, plans and results so far. Re-strategize with faith and keep on keeping on regardless of the progress you've made or setbacks you are encountering.

STEP 5: *Rewards*

How will you encourage yourself to do more and achieve more during the journey as you achieve some of your results? Would you appreciate God privately, go for a date with your wife or partner, change your wardrobe, buy a new car, share your testimony with your inner circle. Just be crystal clear how you are going to intelligently celebrate your small and big wins throughout the year.

ADDITIONAL TIPS

READ your goals often, at least twice daily. ACT courageously. Hold yourself accountable for what you truly want and never settle for less. Aim high, believe in yourself, fight for what you want, reject rejection, persevere and trust yourself, you can do this.

Find out here about The Achievers Forum, coming up in February, 2018,

To your productive and profitable 2018!

For your one on one result-oriented coaching and your organization training on how to make 2018 a remarkable year for you and your organization, contact us on +2348072983163.