

1. Your Objective:

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2. What are the Benefits of Accomplishing this Objective?

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3. What are the Consequences of Not Accomplishing this Objective?

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4. What are the Barriers to accomplishing this Objective?

Potential Barriers	Potential Solutions to the Barrier

5. What are the Action Steps to accomplish this Objective?

Action Steps	Action Step Due Date	Who is Responsible?

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6. What is the Target Date to accomplish this Objective?

Target Date

7. What Mindsets need to Change in order to accomplish this Objective?

Old Mindset	New Mindset

Instructions:

- Clearly define your goal, Specific, Measurable, Achievable, Important to your Why's
- Sometimes we run fast towards the gold medals, how does this goal help you achieve dreams
- Sometimes we run faster away from German Shepherds, how does this goal help avoid pain
- You have a lot of experience and can anticipate problems going forward, for every potential problem you can identify, there are also solutions and tools for overcoming these obstacles. Turn road blocks into speed bumps by creating contingency plans to keep your momentum flowing
- How do you eat an elephant? One bite at a time. Start breaking down this major goal into small, measurable and achievable steps. You do not have to do everything yourself. Assign tasks and due dates and lead your team to be accountable.
- Now that basic planning is done what is a reasonable target date for this major objective. Put this date on your planning calendar as well as the intermediate steps.
- Tough goals often require mindset changes. For example one mindset business owners frequently struggle with is the "It's easier if I just do it myself" mindset. This mindset sets your ceiling of future growth potential very low. Perhaps a new mindset to accelerate performance would be "I will learn to delegate effectively"

Now you have turned your GOAL into a PLAN and all you have to do now is 'Git 'r done'. Hope this helps you get closer to living on the **XTRA MILE!!**