



LIVE YOUR LEGEND

Live with purpose, meaning & mindfulness.



Goal Setting & Action WORKBOOK

Goal Setting & Action Workbook:

A simple process that works!

Guidance: Every magnificent accomplishment, discovery or transformation started with the decision to make a change and follow up with tiny steps each day. Over time, that commitment will move mountains.

So this was created to help you take action to make this a year to move those mountains. Use the following questions to get crystal clear on your vision, goals and the actions required to make them happen. The key is to keep it simple, actionable and exciting.

Clear your calendar, get out your journal and let's get to work. Be sure to print this out so you can put pen to paper. Then take it to a coffee shop or park

– WITHOUT an Internet connection or a time limit – and let the awesomeness begin.

Let's get to it!

Completed by:

Date:

Find more about this workbook

This workbook is a supplement to the post [Get Your Free 2019 Weekly Planning and Goal Setting Guides](#) and works hand-in-hand with the [Weekly Planning Workbook](#).



Chelsea Dinsmore

Chief of Community Happiness

About Live Your Legend

Hi there,

For those of you new to Live Your Legend, we are a community dedicated to helping people discover and live their lives with more meaning and purpose.

We learn so we can lead.

We grow so we can give.

And we are thrilled to have you here!

The majority of the Live Your Legend's content is totally free to the public – this workbook is only one of many tools in our Discovery Pack.

Along the journey we've also created career discovery tools such as our **Meaningful Work Program** which includes courses such as [21 Days to Discover Your Passion](#), [Live Off Your Passion](#), and [How to Connect with Anyone](#). These are all designed to help you align who you are with what you do. Feel free to check out further details [here](#).

Here's to doing more of what matters to you,

Chelsea Dinsmore

"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we hit it."

~ Michelangelo

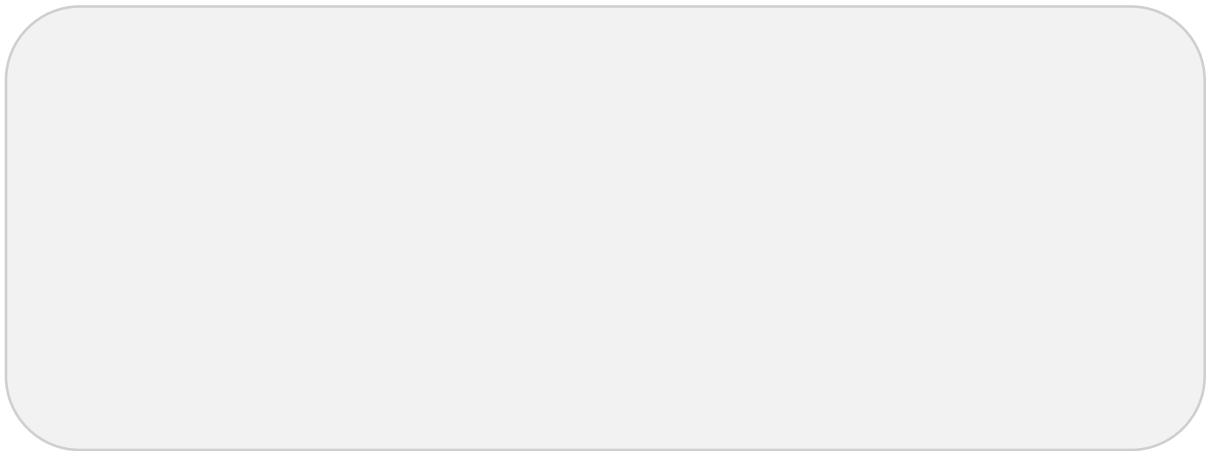
1 REFLECT & REVIEW WHAT MADE LAST YEAR AWESOME (AND NOT SO AWESOME)

"The more you praise and celebrate your life, the more there is in life to celebrate." ~ Oprah Winfrey

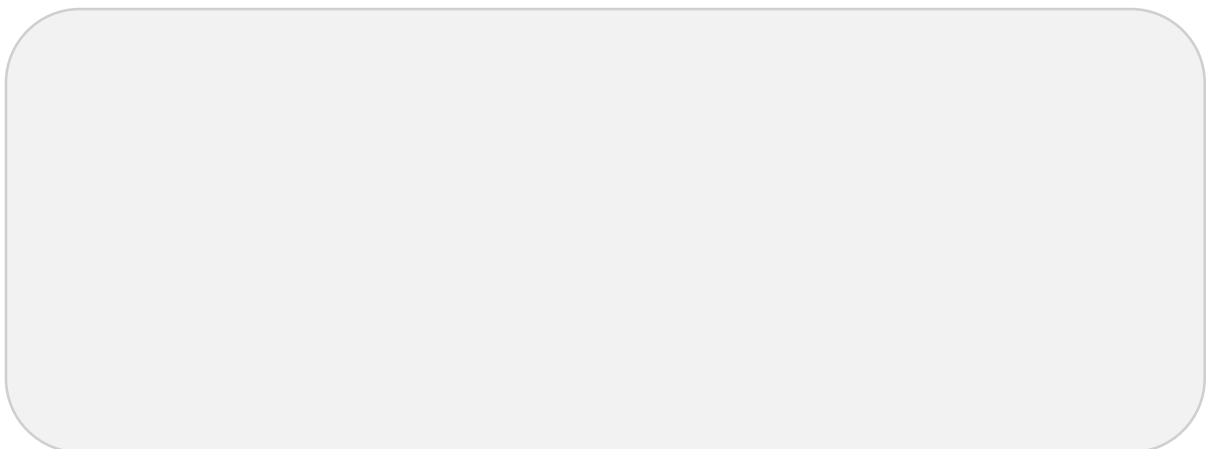
Take stock of what you've accomplished and what you're proud of. Also think through the low points of the year and what you don't want to repeat.

Use these questions to guide you:

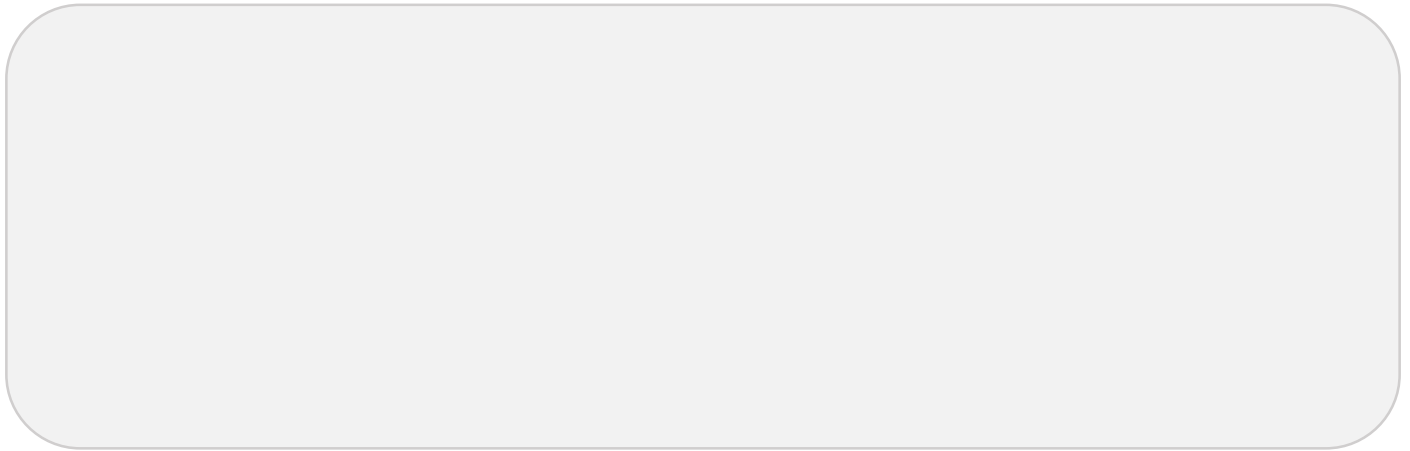
1. What are you most proud of in the last year?



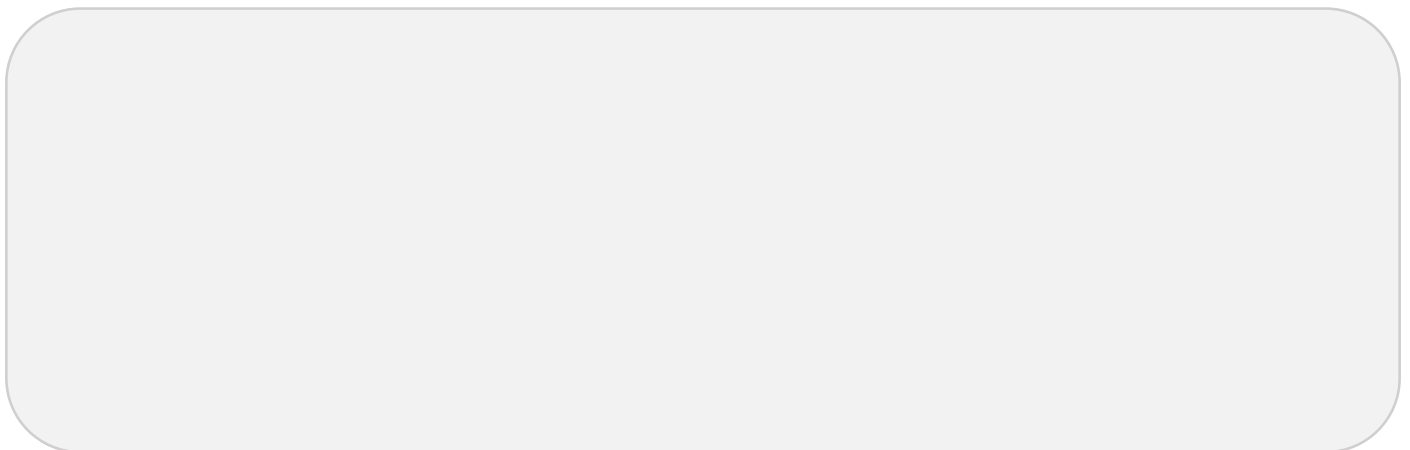
2. If there were a newspaper headline describing this past year for you, what would it say?



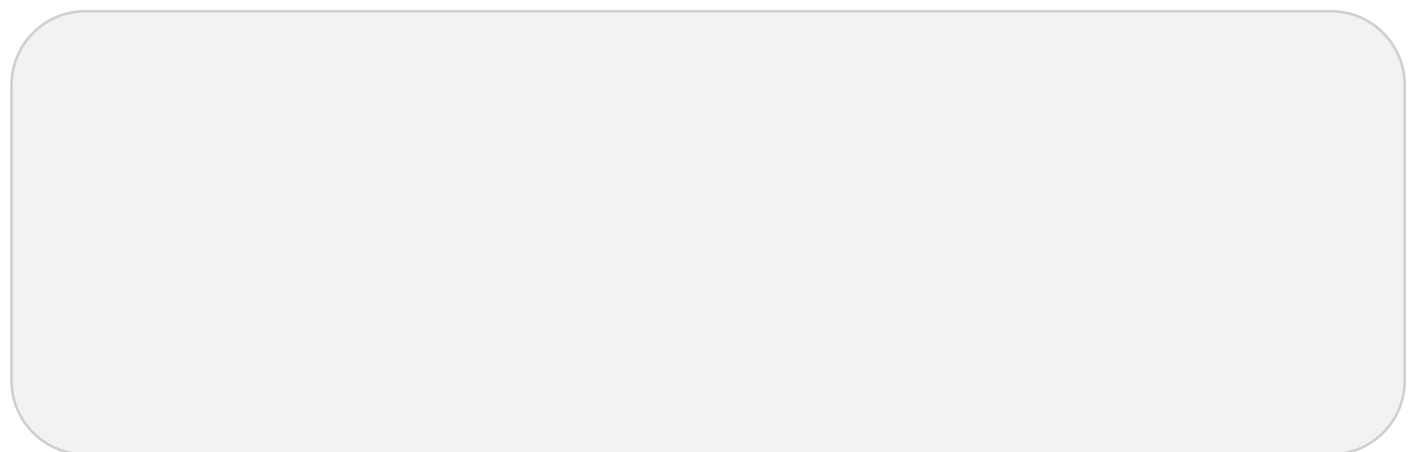
3. What unfinished business did you want to resolve before the year's end, and when will you do it? (Ex: lingering relationships, apologies, goals yet to achieve, etc.)



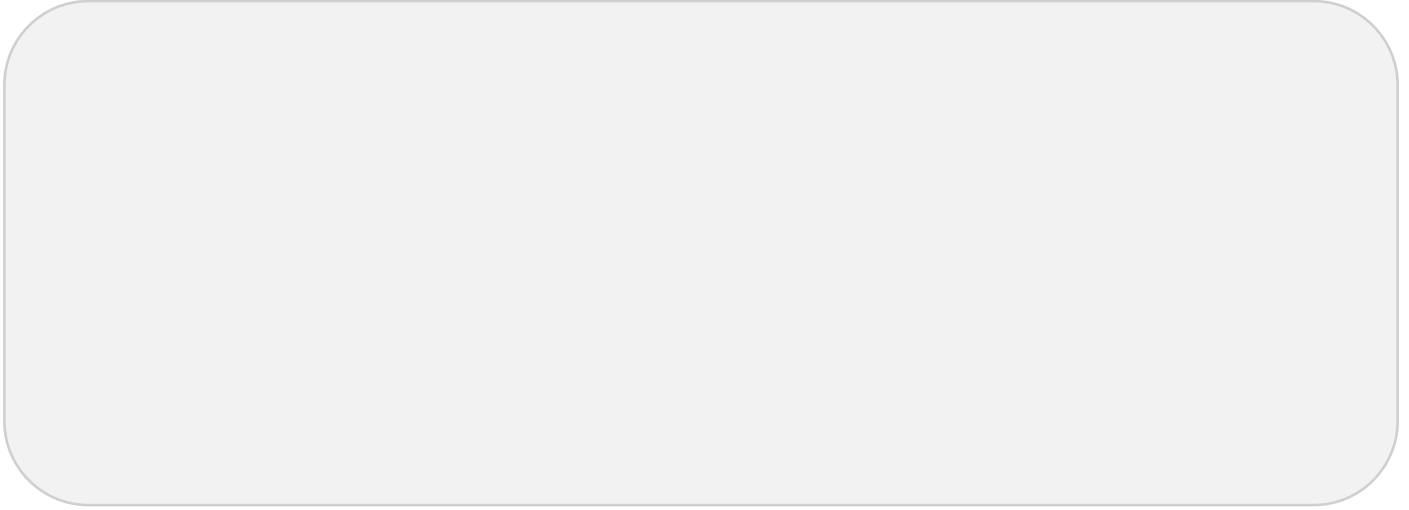
4. When were you most excited about life in this past year? What were you doing? Who were you with?



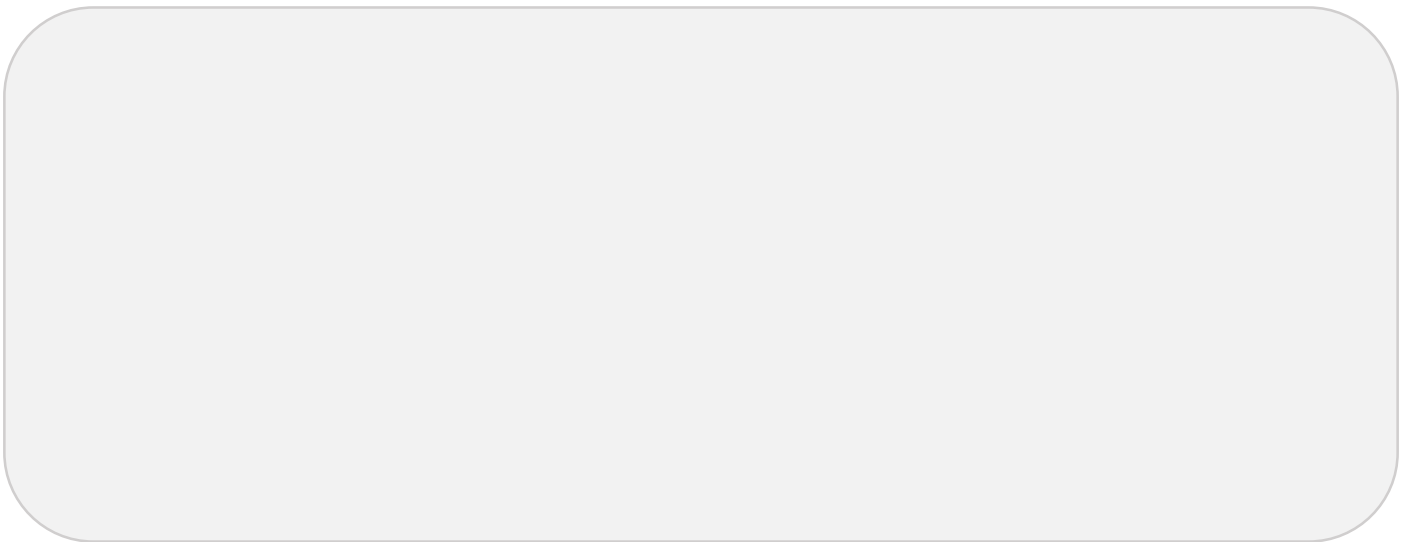
5. Looking back, what would you have done differently in the last year?



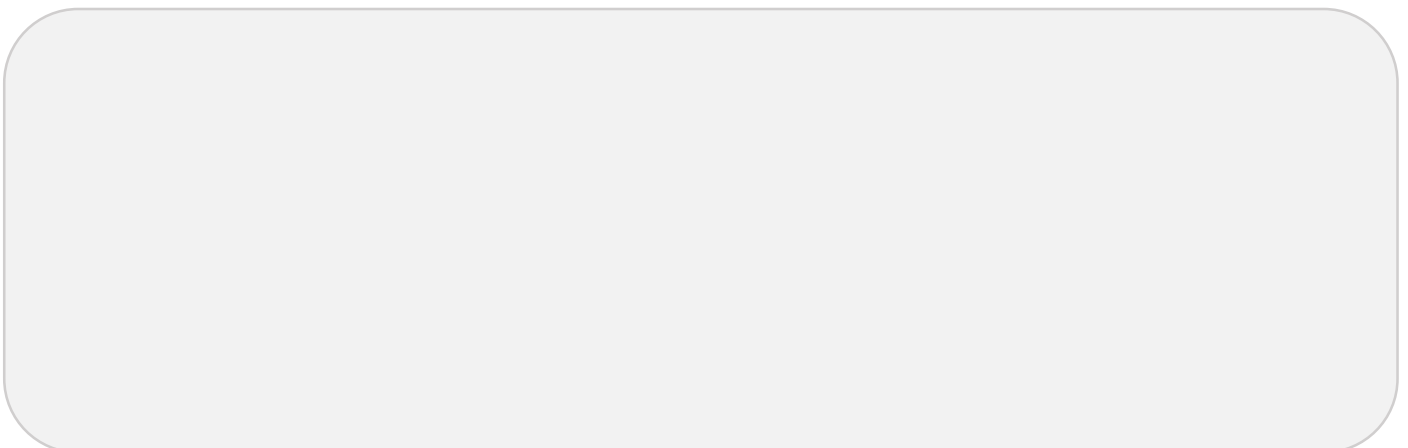
6. What new dream for yourself did you achieve?



7. Where did you let fear hold you back from a goal you had?



8. What was boring to you this year that you hope to change for next year?



9. What new and inspiring people did you meet in the last year? Who do you want to get closer with in the year to come? Remember, you are the average of the five people you spend most time with. Choose wisely!

2 DEFINE YOUR AREAS OF ATTENTION

"If you have built castles in the sky, let not your dreams go to waste. Just build the foundations under them." ~ Henry David Thoreau

List the core areas of your life where you want to get results. Examples include: Health, Continued Learning, Helping Others, Marriage, Business. The more creative you can get with your naming, the more committed you'll be (i.e. Expand the Mind instead of Continued Learning). Anything goes.

Don't list any more than 8 (ideally fewer). The point here is to nail the areas in your life that matter and have fun with it.

Areas of Attention

- | | |
|----|----|
| 1. | 5. |
| 2. | 6. |
| 3. | 7. |
| 4. | 8. |

3 DEFINE RESOLUTIONS & HABITS

"We are what we repeatedly do. Excellence, then, is not an act, but a habit." - Aristotle

Before we start thinking through our massive goals, it's good to start with general themes of improvement or change you want to work on. We see them as habits or resolutions. These differ from goals in the sense that goals are things you eventually accomplish or check off your list. Habits are things you want to adopt as a part of your life going forward. Some examples of habits we've focused on include: being early, scheduling less, slowing down, spending less time on email, simplifying/ decluttering, single-tasking or getting more sleep.

Our friend Leo Babauta of ZenHabits.net has a really effective and simple approach to changing habits - It's best to focus on a max of one new habit or resolution at a time (ideally no more than one a month). If we do that one thing for a month straight, it will likely become a part of our routine. The good news is that for the super ambitious, this still allows for 12 new habits a year! Although, fewer is just fine!

List up to 12 habits or resolutions you'd like to focus on for the New Year:

1.	2.	3.	4.
5.	6.	7.	8.
9.	10.	11.	12.
13.	14.	15.	16.

4 CREATE A CORE GOAL IN EACH AREA OF ATTENTION

"A goal is a dream with a deadline." ~ Napoleon Hill

Now it's time to think big. These goals don't have to be massive, but that certainly makes it more fun. They just have to be meaningful to you. It's not necessary to pick something for every single category, but we encourage you to do so or you risk sacrificing parts of your life that matter. Balance is key.

List 1-3 goals per Area of Attention:

AA1	AA2	AA3
AA1	AA2	AA3
AA1	AA2	AA3

5 GET SPECIFIC & DEFINE WHAT YOU REALLY WANT

"Only those who will risk going too far can possibly find out how far one can go. " ~ T. S. Eliot

It's not enough to say, "I want to be healthier" or "I want to make more money". Goals must be quantifiable and measurable. And you need to be in control of whether they happen. You can't control whether you actually lose 10 pounds, but you can control what you eat and how often you exercise, which usually leads to losing the weight. Define exactly what you want. If you want to write a book, then how many words a day can you commit to?

If you don't know the rules of the game, then how could you ever expect to win?

List the quantifiable outcomes and the specifics of each goal.

Goal	Quantifiable Outcome & Specifics:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.

6

GET LEVERAGE & FIND A COMPELLING AND EMOTIONAL REASON WHY

"He who has a strong enough why can bear almost any how." ~ Friedrich Nietzsche

Leverage can come from one of two places. You can focus on the wonderful things you'll experience if you complete your goal (i.e. happiness, personal freedom, finding the love of your life). Or you can focus on the awful things that might happen if you don't (i.e. loneliness, a heart attack, bankruptcy). Positive or negative, discover what will make it an absolute must to accomplish your goal. It's like the father who couldn't quit smoking until his six-year-old daughter walked into his home office one morning and said, "Daddy, I don't want you to die before I'm 10." He never smoked again. That's leverage.

What massive reason can you find for making your goal a must? It could be fitting into your wedding dress or being sure you're alive to teach your grandson math. It's your call. Just be sure there is major emotion behind it.

List one WHY for each goal.

Goal	Leverage — Your massive reason why:
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.

6.	6.
7.	7.
8.	8.
9.	9.
10.	10.
11.	11.
12.	12.
13.	13.
14.	14.
15.	15.

7 FILL IN THE DETAILS & CREATE BABY STEPS

"Great things are not done by impulse, but by a series of small things brought together." ~ Vincent Van Gogh

Thinking of a long-term goal as a single item to accomplish can be massively overwhelming. But every goal has all kinds of 5-minute or one-hour tasks leading up to it.

1. Take each core goal and divide it into 3 to 5 Minor Steps. Then create 3 to 5 Baby Steps for each Minor Step. You may need more or fewer steps depending on the size of your goal. Feel it out.
2. Also, think about who can help you make each goal a reality. No one does anything on their own. Behind every success is a support team that makes it possible. For each of your goals, list one person who could help you achieve it. Ideally they have experience and expertise on the topic. This could be someone close to you, a colleague, friend or someone you've never met who you'd love to get assistance from. List at least one name for each goal.
3. On the following pages name and list your goals, their Minor & Baby Steps, and someone that can help you accomplish it. Write as much or little as necessary per goal, but try to get at least a couple points listed for both minor and baby steps.

See example formatting listed in the first box.

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

GOAL	MINOR 1	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 2	BABY1	BABY2	BABY3	BABY4	BABY5
	MINOR 3	BABY1	BABY2	BABY3	BABY4	BABY5
Who can help?						

8

GET THEM ON CALENDAR

"Show me your calendar and I'll show you your priorities." ~ Unknown

Everything we do takes up physical time in our lives. Without putting things on the calendar, it's easy to plan way too much. Too much then leads to overwhelm, which leads to the opposite of progress. Not good.

Now look at the goals and habits/resolutions you've created. Begin to place each into various months. Be conscious of your life. If you know you'll be traveling all of April, then don't expect huge results that month. If some of your goals will take the whole year to complete, then fill in your minor tasks in the months where you will take the action.

Goals, Habits and Outcomes by Month:

JANUARY	FEBRUARY
MARCH	APRIL

MAY

JUNE

JULY

AUGUST

SEPTEMBER

OCTOBER

NOVEMBER

DECEMBER

9

GET ACCOUNTABLE AND TELL AT LEAST 4 PEOPLE ABOUT THEM

"Show me your friends and I will show you your future." - Unknown

We tend to keep our word much better with others than with ourselves. Pick at least four people close to you to tell about your goals. They'll be your Accountability Allies. Walk them through your process. Explain why it's so deadly important to you and even give them a copy of your goals and plan (just photocopy this when complete). Ask for their help.

Accountability Ally	How they'll keep you accountable (weekly checkups, whip cracking, etc.):

Bonus Task: Better yet, head over to our [Live Your Legend Accountability & Action Group on Facebook](#) and openly declare your goals to our community. Not only will it make you more accountable, but we know there are also a ton of ways our talented members can help you be successful. Go get the word out!

10

ROUTINELY REVIEW YOUR PROGRESS, WEEKLY OR MONTHLY AT THE LEAST

“Steady perseverance is taking small steps to get to your achievement and toward which effort is directed. As long as you make movement toward a goal, that’s what matter most in life.” ~ Kemmy Nola

To see massive progress, you must keep your plans front of mind. Create a routine that allows you to review the above on a weekly basis. Anything more infrequent than weekly makes it too easy to keep the ideas and dreams just that - ideas and dreams. They become reality when we consistently address them and make small gradual progress. In a year that can become enormous.

1. Write down when you will review your goals on a routine basis:

Day of week:

Time of day:

2. Adopt a weekly planning process to ensure you continue to stay accountable and make progress. The good news is we already created this for you. Go download The Weekly Planning Workbook and get started!

DOWNLOAD: The Weekly Planning Workbook

DO SOMETHING NOW – NO MATTER HOW SMALL

“Never leave the site of setting a goal without first taking some form of positive action toward its attainment.” - Tony Robbins

Never leave the site of a planning session without taking some action to get you closer to victory. It could be the tiniest thing in the world. Maybe send a short email or make a quick list. Pick something that only takes 5 minutes or less. And do it. Let the momentum build.

Pick one small task for your top few goals that you can do right now to get you closer.

- 1.
- 2.
- 3.
- 4.



Become Your Dreams – Just Add Hard Work

Congratulations!

The fact that you've finished this process means you are nearly guaranteed to experience your dreams. As long as you do one thing...

Work.

Dreams don't become reality by dreaming. That is the very first and simplest step. The magic happens when a consistent process of dedicated action is applied to the things that matter most in your life. And make no mistake at times it will feel like hard work is required, the most fulfilling things in life don't come without some effort.

When you get committed on such a level, the sky is the limit. That is what has turned the impossible into the possible and is what makes the difference between a Legendary life and an ordinary one.

We have a lot more power than we often give ourselves credit for.

All we have to do is want it badly enough.

And make it happen.

It is up to you....

Here's to a year of doing what actually matters – to you and to the world.

We'll see you out there!

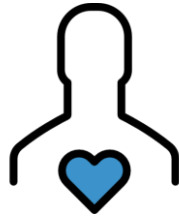
– *The Live Your Legend Team*

Need more specific help aligning what you do with who you are?

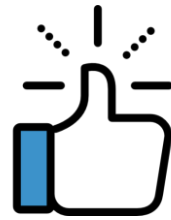
Discover Your Purpose & Create More Meaning in Your Life



ALL STAGES OF
YOUR JOURNEY



STAGE 1



STAGE 2

“How can I accelerate my transformation by connecting with influencers, experts, and other Living Legends?”

Connect with Anyone

“I want to make a change, but I’m not sure what to do?”

Discover Your Passion

“I’ve got my dream; how do I make it a reality?”

Live Off Your Passion

Are you feeling a little lost or uninspired in your life or career and have no clue what you’re passionate about?

Our [Free Self-Discovery Writing Challenge](#) is a great place to start your path of discovery, so you can do more of what you love. And our [21 Days to Discover Your Passion](#) is a deeper-dive into the topic of self-discovery with a 21-day, step-by-step guide to help you break through those barriers.

If you know what you love to do but are unsure how to make money from it, check out our award-winning [Live Off Your Passion Discovery Course](#).

For a step-by-step process for making the genuine connections necessary to build your ideal business or career, check out our [How to Connect with Anyone course](#).

Are You Adventurous and Ready for Change?

Check Out Our Proven Courses To Get You **Doing Work You Love!**

liveyourlegend.net/tools-to-do-work-you-love