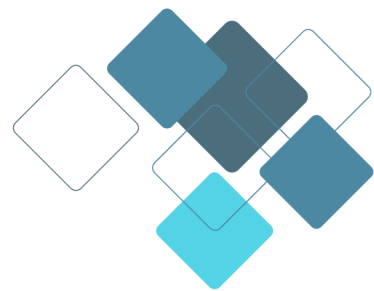




Goal-Getter Process Checklist



- ☐ Commit to Your #1 Goal
 - Complete "Owning Your Goal" section on Page 9 of the worksheet.
 - Fill out, read, and sign the Goal Achievement Contract on Page 13.
- ☐ Share #1 Goal Publicly
 - Share with your trusted circle. Mastermind Group, Spouse etc.
 - Share in a wider setting. The widest setting you can bring yourself to share. (Example - Live video/podcast (wide) to employees and friends (narrow)).
- ☐ Add Daily Affirmation
 - Download the affirmation guide at <https://fundamentals.sbs/affirmations>, and create your affirmation.
 - If you need help, reach out to Aaron - ConsultAaron.com
 - NOTE - Not meant to add more. Integrate into your routine.
- ☐ Add Milestone Actions
 - Confirm you have a plan to add your milestone actions to your current project management system.
 - Digital, handwritten, or whatever your system is to track things you are doing - add your milestones in.
 - This is a living breathing system and you will continuously be adding and completing milestones.
- ☐ Set Cue-Based Actions
 - Set and commit to at least one cue based action.
 - Also commit to a minimum weekly, preferably daily action.
- ☐ #1 Goal In Daily Sightline
 - Put your reminder in plain sight so you will see and think about it multiple times a day.
 - Your tools like a notecard you carry around, post it notes in your work area, tokens that remind you of the goal or a vision board.
- ☐ Commit to Celebrations
 - Keep a weekly list of your progress and track with pride.
 - Celebrate accomplishments monthly, preferable with someone.
- ☐ Quarterly Evaluation
 - Have a measurable metric that you make sure it reviewed quarterly.
 - After measuring, run through the evaluations questions on pg. 14.
- ☐ Create a Scoreboard
 - Make a visual representation of the progress that you see regularly.
 - Done List, Checklist, Thermometer, Scale or Bingo Board.
- ☐ Accountability Plan
 - BONUS - This is something that will be customized for you by me!
 - Commit to attending and reporting in on your accountability plan.
 - Look for details from Aaron or reach out at ConsultAaron.com

REMINDER: Do not overcomplicate this process with too many fun planners, separate systems, etc. Integrate this structure into your current daily system.

If it is too complicated or adds too much extra effort, you will find reasons to not do it and then the process falls apart. If you fully commit to this process, your goal is now **INEVITABLE!**

