



ULTIMATE GOAL-SETTING CHECKLIST

GOAL:



WILL THIS GOAL HELP ME CULTIVATE WHAT MATTERS?



WILL THIS GOAL HELP ME GET WHERE I WANT TO BE WHEN I'M 80?



WILL THIS GOAL HELP OTHER PEOPLE?



WHY DO I WANT TO MAKE THIS GOAL HAPPEN?



AM I DESIRING THIS GOAL FOR THE RIGHT REASONS?



IS THIS GOAL WORTH THE TIME IT WILL TAKE TO MAKE PROGRESS ON IT?

NOTES:

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TOOLS FOR YOUR BEST LIFE: CULTIVATEWHATMATTERS.COM

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