



# Live Target Setting Session

Choose your target level

- For each target:
  - Set an achieve by date
  - Create a compelling WHY
    - The benefit to you and others for reaching the new level
    - The cost to you and others for not reaching the new level
  - Write down the price you are willing to pay to reach the new level
    - What are you willing to change / give up / add to your life to reach the new level

6 Target Areas

- Financial - Income/career, debt elimination, budgeting, wealth development, retirement, giving
- Physical - Physical & mental health, feeding the body & mind, keeping both active and rested
- Emotional - Choosing and managing your emotional state
- Relational - Family, friends, setting and maintaining appropriate boundaries
- Social / Community - Participation in the Community and activities that meet your social needs
- Spiritual - Transformational and vertical relationship activities

We are going to add a 7th and 8th area

- Personal Development - Working on yourself, courses, books, audio/video, mentoring
- Recreational / Fun - Places you want to go, things you want to do, people you want to meet, experiences you want to have, things you want to have or own

Breakdown each target into shorter time frame step targets

## Be outrageous - Be Creative - Aim High