

# Surviving to Thriving

Setting & Achieving Your Goals



**CHAOS2RESULTS®**  
BUSINESS COACHING

*Presented by*  
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**Reflecting**

1. Circle the level of impact each of these common barriers is having on your success. (1: very little or no impact, 5: significant impact.)

<b>Barrier</b>	<b>Impact on Your Success</b>
Autopilot	1 2 3 4 5
Mindset	1 2 3 4 5
Junk food	1 2 3 4 5
Procrastination	1 2 3 4 5
Fear	1 2 3 4 5

2. What is keeping you from success?

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3. What do you need to do to thrive?

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**Clarifying your vision**

1. What do you want to release from 2019?

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2. What do you want the future to bring to you?

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3. Where do you want to be on December 31, 2020?

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4. **WHY** do you want this?

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5. What are your goals for 2020?

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6. Write your **#1 goal** for 2020 as a **S.M.A.R.T. (Specific, Measurable, Attainable, and Time Bound) GOAL.**

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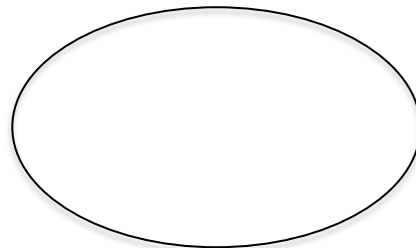
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**CREATING YOUR ACTION PLAN**



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1. What actions you will take to achieve your goal over the next 12 weeks?

Key Actions / Tactics	Week Due

2. How will you **MEASURE** your progress towards achieving your goal?

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### 3. What **HABITS** do you need to change?

What habits do you currently have that will help you to achieve this goal?	What habits do you currently have that might prevent you from reaching this goal?	What new habits do you need to acquire to achieve this goal?
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•
•	•	•

### 4. What are the **TOP THREE** modifications you **will implement in your daily/weekly routine**?

HABIT	HOW YOU WILL IMPLEMENT IT INTO YOUR ROUTINE

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5. What obstacles do you think will come up and what will you do about them?

OBSTACLE	ACTIONS YOU WILL TAKE
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6. What actions will you take in **the next 24 hours** to move from surviving to thriving?

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# *Surviving to Thriving*

## *Setting & Achieving Your Goals*

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***Need/want more help setting and achieving your goals? Contact Debra Austin at 972-881-5564 or [daustin@Chaos2Results.com](mailto:daustin@Chaos2Results.com) to schedule your free 30-minute consultation.***