

# 3-MONTH GOAL BUILDER MINI-WORKSHEET

## • 3-Month Goals

What do I want to accomplish in three months?

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*Have expectations. Setting goals is more than writing them down. The first thing to make them be fruitful is to expect that they're going to happen!*

What do I expect to receive from these goals:

Mentally - \_\_\_\_\_

Emotionally - \_\_\_\_\_

Physically - \_\_\_\_\_

Spiritually - \_\_\_\_\_

Financially - \_\_\_\_\_

*Making a Mountain out of a Molehill. Your goals should build on one another. Start with realistic small goals to prevent disappointment and discouragement. Take your overall dream one step, one goal at a time.*

## • Steps to Take to Reach My 3-month Goals

1. What **platform** am I going to use in reaching my goals? Social media, radio, newsletters, videos, events, etc.
2. What is my **motivation**? What motivates me to reach these goals? Is it wanting better health, financial stability/tired of being broke, etc.
3. What **affirmations** am I going to speak over myself? Daily pronounce that you're worthy of reaching your goals. Insist that you're able to reach them. Establish that you're going to find the necessary resources to get what you want!
4. Be **determined and consistent**. Develop an action plan on how you're going to be uniform in the steps to reach your goals. Be determined and intentional on meeting your goals. Are there things you're going to do daily, weekly or monthly to keep up the momentum to reach your goals?

