

20 Powerful Actions to Finally Achieve Your Goals!

By Dr. Mark Skovron



1. Define on paper in detail exactly what is it that you really want to achieve.
2. Define on paper what is the specific outcome you want and how will you measure it.
3. Define on paper what it costs you not to have your goal or be living without it.
5. Define on paper the exact plan for the accomplishment of your first step.
6. Define on paper using emotions, how the achievement of it will make you feel.
7. Define on paper what should be the rest of your plan, step by step to forward your goal.
8. Define on paper who and how you would have to be to achieve your goals.
9. Define on paper what you would have to give up for the achievement of your goals.
10. Define on paper what assistance, resources you need for the achievement of your goals.
11. Define on paper exactly it will look like and how things will be different when you achieve your goals.
12. Define on paper exactly, using 100 words+ how you'll feel having achieved your goals.
13. Define on paper what the achievement will mean to you and others you care about.
14. Define on paper all the reasons you can think of to achieve your goal and what makes it important.
15. Define on paper how your achievement will empower you to go on to bigger goals.
16. Define on paper all the reasons it is worth achieving this/these goals.
17. Define on paper how you will celebrate the achievement of your goals.
18. Define on paper the other things this powerful newly discovered person will now accomplish.
19. Define on paper what differences you will now make for others being so incredibly powerful.

4. Define on paper what one small step you should take first to start toward its accomplishment.

20. Define on paper, the exact time frame, plans and execution of your future goals, and begin now whether you feel ready or not.

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