

2020 GOAL SETTING



with Matt O'Neill

and

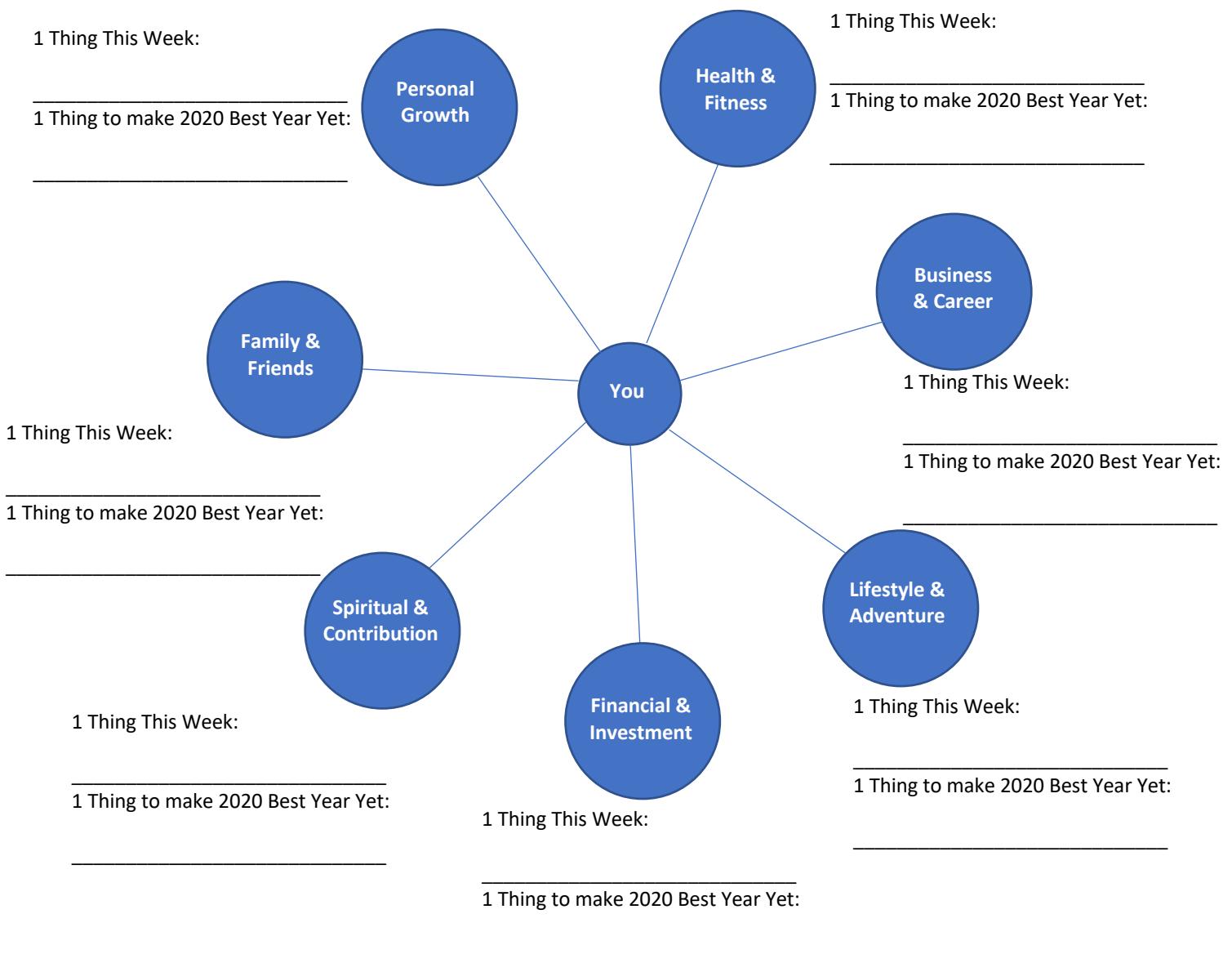
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Wheel of Life

Self-Evaluation

1. **Rate Yourself** on a Scale of 1-10 in each of the 7 major areas of life (Draw a Dash on the Wheel where you rate your life for each area, and then color in that section).
 2. **This Week:** Write down 1 thing you can do THIS WEEK to make an improvement in this life area.
 3. **This Year:** Write down 1 thing you can do in the next year to make 2020 your best year yet in this area.



Dream Big Exercise

1. **Dream BIG:** Don't pre-judge what you can and cannot accomplish. Write down every big goal that pops in your head, without killing it with what you think is "reality". We will take time to clean them up later, for now, dream BIG, really BIG!
2. **Write What You Want to Move Toward:** Always state your goal in the positive.
Example: "I weigh 175 pounds by June 2020" instead of "I want to lose 30 pounds"
3. **Use the words "I am":** Write "I am a millionaire by 2020" not "I want to be a millionaire". Your brain will reinforce the "wanting" to be a millionaire.
4. **Make your Goals SMART:** After your brainstorm session, clean up your goals by making them all Specific, Measurable, Attainable, Relevant to what YOU want (not what you think others want from you), and with a Time and date the goal will be accomplished.

Health & Fitness (What would make your life a 10+ in this area?)	

Business & Career (What would make your life a 10+ in this area?)	

Lifestyle & Adventure (What would make your life a 10+ in this area?)	

Financial & Investment (What would make your life a 10+ in this area?)

Spiritual & Contribution (What would make your life a 10+ in this area?)

Family & Friends (What would make your life a 10+ in this area?)

Personal Growth (What would make your life a 10+ in this area?)

Pick your Top 1-2 in Each Area: Review all of your goals and circle 1 or 2 in each area that would mean the most to you if you accomplished them in the next year. Then, pick just your top 10 life goals and write them below.

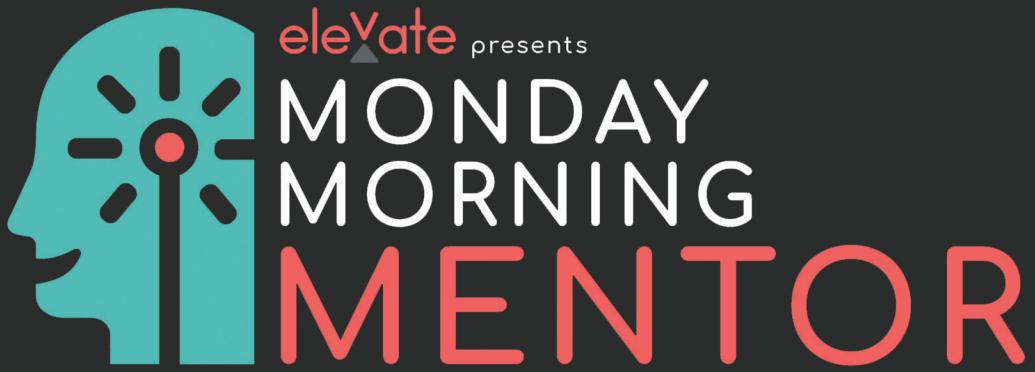
Print this list and read it every single day: Post it next to your coffee pot. Post it on your Bathroom Mirror. Make it the screen saver of your phone and computer. Laminate it and put it in your shower. If you read this list out loud every single day, you will accomplish all of it.

My Top 10 Life Goals to make 2020 my best year yet:
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

What 1 thing will you do before the end of today to make a positive difference in your life?

If you were to do a 2nd thing tomorrow to make your life even better, what would it be?

What is a 3rd thing you will do before the end of this week to make 2020 your best year yet?



**Keep on track with
the motivation, inspiration
& learning going every week
in 2020.**

**Elevate announces
Facebook Live Stream series:**

Monday Morning Mentor featuring Matt O'Neill, launching January 6th.

Wall Street Journal named Matt the #1 team leader in South Carolina, and now Matt will be sharing tips, tricks & insights into living your best life.

Don't Miss Out...

Just follow Elevate (@tryelevatere) on Facebook and tune in Monday mornings starting in January to kickstart your week! You'll receive an alert whenever Matt goes live, and the recording will be available after in your feed.



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