

Skyrocket BiHAG SMART-V Writing Guide

Use this guide to polish your written goal. Start with what you have written.



BiHAG BIG HAIRY AUDACIOUS GOALS

#Skyrocket #HigherThanEver #60DayGoals



SMART-V

- Specific
- Measurable
- Attainable
- Risk
- Time-bound
- Values-based

#Skyrocket #HigherThanEver #60DayGoals



Skyrocket: The 60-Day Goal Fulfillment Program
Learn more, click here: www.winningcoaching.net/skyrocket

| Draft | Better |
|--|--|
| <p>I will have ... To be better at ... I want to get ...</p> <p><i>Stated in future; keeps goal far from you.</i></p> | <p>I am... I have...</p> <p><i>Stated in present or in "done" terms.</i></p> |
| <p>I have a new cupcake business.</p> <p><i>What is important? Is it the setting up of the business papers? Or the providing of your service?</i></p> | <p>I am a registered business owner of ...</p> <p>I have supplied P400,000 worth of vegetarian cupcakes ...</p> |
| <p>I have increased my sales to provide for my family.</p> <p><i>Not specific.</i></p> | <p>I have increased my sales to P1M by July 22, 2017.</p> <p><i>More specific.</i></p> |
| <p>I want to be free from my food addiction</p> <p><i>Stated in negatives. "Free from..." still keeps the food addiction in mind.</i></p> | <p>I am healthily nourishing myself ...</p> <p><i>Stated in positive.</i></p> |
| <p>I want my parents to move out of our current house.</p> <p><i>Is the decision of your parents within your control?</i></p> | <p>I have provided a Php_____ budget and presented 3 or more alternative home options within my parents' specifications exhibiting my love for them...</p> <p><i>Goal is within your control.</i></p> |
| <p>I have a meaningful steady relationship by Nov 27, 2016 .</p> <p><i>It takes two to tango.</i></p> | <p>By July 22, 2017 I have met 15 or more men for coffee exhibiting my self-acceptance, confidence and openness to relationships.</p> |
| <p>I want to speak in public to share my message of inspiration.</p> <p><i>Is this specific? What will other people be able to observe that will indicate that you have achieved the goal?</i></p> | <p>By July 22, 2017, I have delivered 2 talks to an audience of 200 people or more sharing my message of physical fitness exhibiting courage, service and self-worth.</p> <p><i>Is specific and measurable, includes values.</i></p> |

May 20, 2017

Secrets of Goal Fulfillment

Clarity

- Be Clear with what you want. Use SMART-V and BiHAG.
- Be Clear with why you want it. Ask yourself: “Why is this important to me?” Ask again: “Why? Why? Why?”
- When your Why is Clear, Your How will Appear.

Clean-up

- What is your bullshit? What is weighing you down? If you want to fly, you better get rid of the bullshit that is weighing you down.
- Watch this video from UP the animated movie:
<https://www.youtube.com/watch?v=0CzTetpGBi8>
- What do you need to clean-up?
 - Strained relationships
 - Dilemmas / confusions / indecisiveness?
 - Fears / Phobias
 - Emotions out of proportion
 - Physical Ailments
 - Trauma, Abuse
 - Secrets
- When you clean-up your bullshit, you will have an easier more joyful flight!

Cause

- Be at the Cause of things, not at the Effect of things.
- Make Specific Plans and take ACTION on those plans.
- Be Fervent of your Purpose, be Flexible with your Path.
- Also, know that your goal is about an advocacy, something that you are contributing to the world.
- Goal fulfillment is not just about getting getting getting. More importantly, Goal Fulfillment is about giving to the world.

A Challenge for you:

- What is your personal goal? Write it down.
- What is your professional goal? Write it down.
- Through these goals, what are you giving to the world?
- Now go and fulfill your goals!