



Tools for the *Excelerated* Life

MY PERSONAL GOAL

Strategy 1: Assess the current situation – “Where am I now?”
Strategy 2: What resources do I have available?
Strategy 3: What are my options?
Strategy 4: Select the most promising path and follow it.
Strategy 5: Take care of myself along the way.
Strategy 6: Celebrate with family!

ACHIEVEMENT PLAN

Steven Huskey



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MY PERSONAL GOAL ACHIEVEMENT PLAN

Use this technique to transform your personal problem solving style into a goal-achieving strategy.

Set The Scene

Imagine that you are blindfolded and led onto a plane. You fly for a time . . . you don't know how long or in what direction. Eventually, you parachute from the plane and land safely on the ground, but you don't know where you are.

Solve The Problem

Now, considering your situation and your desire to return home (your goal), what is the first thing you would do? Write it down.

1. _____

What is the second thing you would do? Write that down.

2. _____

What is the third step?

3. _____

The fourth step?

4. _____

Continue listing steps until you have succeeded in reaching home again.
(Add more steps on the back of the page, if needed.)

5. _____

6. _____

7. _____

Suggestion: Make the last step a celebration at reaching home and achieving your goal.

8. Celebrate with family! _____

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Move From Specific To General

Look at the steps you have written down. Now, write them again, but in more general, higher level terms. For example, many people have for their first step some version of "Find out where I am." A more generalized wording is "Assess the current situation." Or, you might write "Find out if there are other people near by." A higher level way to put that might be "What resources do I have available?" The idea is to transform the strategies for your specific goal -- "Get back home" -- to a generic strategy for all your goals.

Here is my example. Yours will likely be similar but it doesn't have to be. The idea is to tap into your own intuition and creativity. Have fun with this.

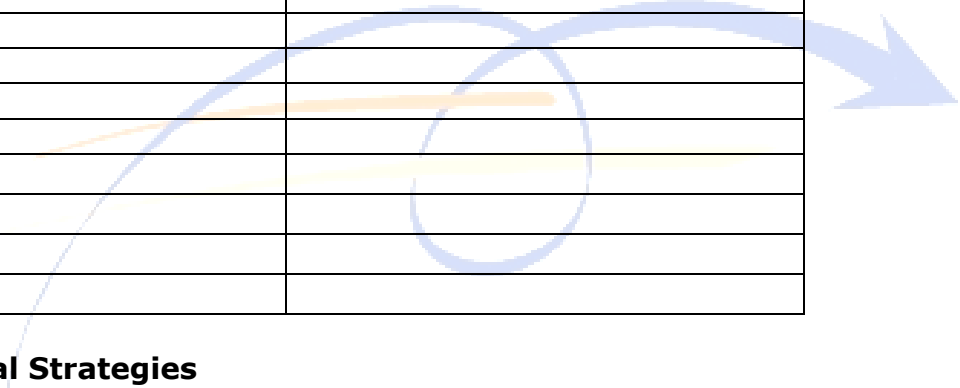
- Strategy 1: Assess the current situation – "Where am I now?"
- Strategy 2: What resources do I have available?
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- Strategy 5: Take care of myself along the way.
- Strategy 6: Celebrate with family!

List your strategies here.
(Add more on the back of the page, if needed.)

- Strategy 1: _____
- Strategy 2: _____
- Strategy 3: _____
- Strategy 4: _____
- Strategy 5: _____
- Strategy 6: _____
- Strategy 7: _____
- Strategy 8: Celebrate with family!

My Goal Strategy

Strategy	Action Step



Using The Goal Strategies

- Begin with the first strategy.
- Develop as many action steps as needed to complete the strategy.
- When you have completed the first strategy, move to the next strategy.
- Develop as many action steps as needed to complete the strategy.
- Continue developing and completing action steps for each strategy, until you have reached the goal.

The goal strategies are developed based on your own intuitive approach to problem solving.

Simple goals may not require all of the strategies; complex goals may require multiple action steps for each strategy.

Be prepared to change action steps as you receive new information about your goal.



MY PERSONAL GOAL ACHIEVEMENT PLAN

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