



## GOAL SETTING

*Write the Vision,  
Make it Plain*



# Welcome!

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Do you have dreams? I am quite sure your answer is yes. Then my next question is, are your daily habits bringing you closer to those dreams? If not, do not expect the things in your life that you need and want changed, to change. Change is intentional. It takes change to move you to transformation. And what's more, transformation requires disruption. Are you ready to disrupt your status quo?

Great! You must set goals. But not just any goal. You need to be SMART about it. I am referring to developing SMART GOALS. Your dreams are always achievable but a dream not written down is just a wish. We cannot redeem wishes. Likewise, a wish written down without accountability measures is just a wish on paper. However, well written goals that are devised in the SMART GOAL format are obtainable.

Successful people have well developed goals. Their goals fit their unique vision and mission for life. If you want a similar expectation of accomplishment that highly successful people have then you have to do what it takes to get it done. If you have never set SMART GOALS then this e-workbook will be good for you. If you have set SMART GOALS but somehow dropped off, this will be good for you too. As well, if you have established SMART GOALS and are accomplishing them hopefully something in here can help elevate what you already have in place.

Your Success Partner,

Brigitte

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# Self Assessment

Answer these questions to determine your level of engagement and support from others as you are accomplishing your goals.

- 01** On a scale of 1 to 10... 1 2 3 4 5 6 7 8 9 10  
I stick with my goals. I am a finisher of what I start.
- 02** On a scale of 1 to 10... 1 2 3 4 5 6 7 8 9 10  
I am very driven. I achieve short & long-term goals easily.
- 03** On a scale of 1 to 10... 1 2 3 4 5 6 7 8 9 10  
I am realistic with my goals that I set for myself.
- 04** On a scale of 1 to 10... 1 2 3 4 5 6 7 8 9 10  
I eagerly seek frequent feedback from others.
- 05** On a scale of 1 to 10... 1 2 3 4 5 6 7 8 9 10  
I am 100% sure that I will reach my goals by my timeframe.

## WHAT YOUR SCORE MEANS

1-30

**EXTRA SUPPORT NEEDED.** To stay on course, extra support on a weekly/monthly basis is recommended, such as a coach, thought partner, adviser, ect.

31-40

**ACCOUNTABILITY NEEDED.** Be sure to have someone as an accountability partner to check in with you monthly.

41-50

**A FEW CHECK-INS NEEDED.** It is recommended that you have someone to check in with at least quarterly.

“ I HAD TO MAKE  
MY OWN LIVING AND  
MY OWN OPPORTUNITY.  
BUT I MADE IT! DON'T SIT  
DOWN AND WAIT FOR THE  
OPPORTUNITIES TO COME.

GET UP  
AND MAKE THEM. ”

*Madam C. J. Walker*

# My Purpose

Everything God designed has a purpose and solves a problem. We were even conceived as problem solvers. We were in fact created to ease the pain of someone or a group of people by the gift that is within us. What pain point do you help alleviate?

What is your purpose?

Whose pain do you feel?

Whose problem do you solve?

**"IT'S TIME FOR YOU TO MOVE, REALIZING THAT THE THING YOU ARE SEEKING IS ALSO SEEKING YOU."**

**— IYANLA VANZANT**

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# Core Values



"BELIEVE IN YOURSELF, LEARN AND NEVER STOP  
WANTING TO BUILD A BETTER WORLD.

*Mary McLeod Bethune*

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# More Core Values

What is your guiding word for the year? Don't see it brainstorm on the next page and develop one.

- Authenticity
- Achievement
- Adventure
- Balance
- Beauty
- Boldness
- Compassion
- Contribution
- Creativity
- Determination
- Fairness
- Faith
- Growth
- Happiness
- Honesty
- Influence
- Inner Harmony
- Justice
- Kindness
- Leadership
- Learning
- Love
- Loyalty
- Optimism
- Responsibility
- Service
- Spirituality
- Stability
- Trustworthiness
- Wisdom

Guiding  
Word

# My Core Values

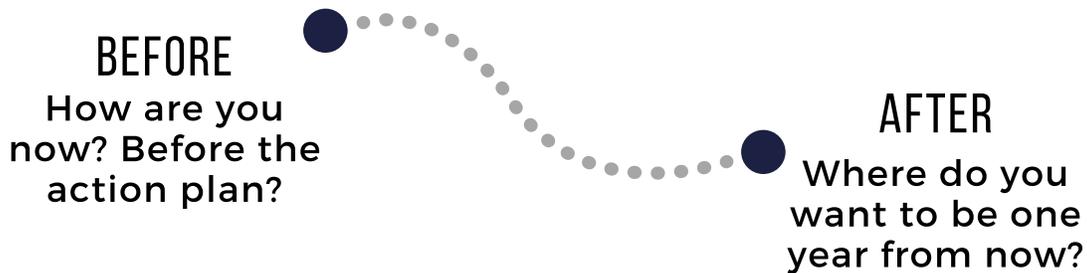
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What core values should you focus on? Which ones resonate with you? Use them to guide your intentions.

List the core values that come to mind.

# Visualize 1 year out

First we will write three goals, as we design the vision board. We are going to create images or visuals for one year for those three goals. However, you can do this for your goals that are longer than one year, as well.



List three things you want to accomplish this year.

- 1.
- 2.
- 3.

What does that look like? List some VERBS. ie. budget, produce, generate, develop, exercise, inspire, serve, design etc.

What does that sound like? What will others say about you at the end of the year? ie. She was a genius at creating that program.

# SMART Goal 1

What exactly does it mean to be specific, measurable, achievable, relevant, and time-bound?

S

Specific

A specific goal explains:  
What needs to be accomplished?  
Who is responsible for it?  
What steps will you take to achieve it?

M

Measurable

A measurable goal explains:  
How is your goal quantified?  
What are the numbers?  
For example, write 2 books, gain 24 new clients, have 300 attendees

A

Achievable

A achievable goal explains:  
What steps will you take to achieve it?  
How achievable is the goal realistically?  
Do you have the resources and are there any barriers or obstacles?

R

Relevant

A relevant goal explains:  
What is the connection of this goal to your life? What is the benefit?  
Add another R word. Is it risky?  
Does it scare you? It should. Aim high.

T

Time-Bound

A time-bound or timely goal explains:  
When the goal will be reached.  
It assures the timeliness of the goal.  
Deadlines give some reference to closure for a goal.

***"Action is the foundational key to all success."** -Picasso*

# SMART Goal 1

WRITE your 1st SMART Goal.

S	Specific	
M	Measurable	
A	Achievable	
R	Relevant	
T	Time-Bound	

*Expand (AMP) our goals by Amplifying, Motivating & Prioritizing.*

# SMART Goal 2

WRITE your 2nd SMART Goal.

S	Specific	
M	Measurable	
A	Achievable	
R	Relevant	
T	Time-Bound	

*Expand (AMP) our goals by Amplifying, Motivating & Prioritizing.*

# SMART Goal 3

WRITE your 3rd SMART Goal.

S	Specific	
M	Measurable	
A	Achievable	
R	Relevant	
T	Time-Bound	

*Expand (AMP) our goals by Amplifying, Motivating & Prioritizing.*

*but now...*

# WHAT'S NEXT?

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**Don't want to go it alone? Do you need a community?**  
Request to join my Facebook Group @Shero to Mero  
&  
Subscribe on [www.brittebrownjackson.com](http://www.brittebrownjackson.com) to receive updates.

**JOIN THE COMMUNITY**



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