

MADAF GOALS WORKSHEET

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Motivating: Does this goal get you up in the morning excited to get going? Why? Would you classify this as an Ultimate goal, an Intermediate goal, or a Reward goal, or something else?

Aligned: make a list of action items that will get you to your goal. If you look at all your goals, are these steps all in alignment with each other? Do they align with your mission? How will you deal with any conflicts? Are you currently TAKING these steps? If not, what preliminary steps are missing?

Deadline: what is your target date for accomplishing this goal?

Ambitious: What do your critics say (both inner and outer) about this goal? Are you willing to share it aloud and to post it on your wall? Why or why not? Does this goal scare you a little bit? What affirmations can you adopt to help you absorb this goal into what you believe is possible?

Focused: Is this a big goal, in alignment with your overall plan, or do you feel you are spread too thin? Is this goal so important to you that you are willing to give up smaller goals and activities that don't feed into this goal? Are you willing to focus on this goal every day? If not, why not?
