

A top-down photograph of a workspace. In the center-left is a spiral-bound notebook with a white grid page. The words 'DREAM' and 'PLAN' are printed in large, bold, sans-serif font, with 'DREAM' in red and 'PLAN' in black. Below them, the word 'Act' is written in a large, red, cursive script and underlined with a red brushstroke. To the right of the spiral notebook is a pair of black-rimmed glasses. Above the glasses is a closed notebook with a dark brown and black plaid cover. The entire scene is set against a textured, light brown fabric background.

**DREAM  
PLAN**

***Act***

# **YOUR 2021 GOAL- SETTING WORKBOOK**

by Dan Miller

*48Days.com*



# THE BEST WAY TO PREDICT YOUR FUTURE IS TO CREATE IT

“All beginnings are hopeful” is actually a quote from the president of Oxford University, spoken to the entering freshman in 1944, in the midst of a world war.

This is a concept that we have seen confirmed throughout history. In working with people going through change, I am often struck by the discouragement, frustration, and frequent anger and resentment.

I have come to recognize however, that those feelings always tell me that the person is looking backward, at something that has already occurred. As soon as we are able to create a clear plan for the future, those feelings quickly begin to dissipate and are replaced by hope, optimism and enthusiasm.

In all my years of life coaching, I have never seen a person who has clear plans and goals who is also depressed. They just don't go together.

2020 was a challenging year for many of us.

Have you taken responsibility for the way this year has gone for you - or have you pointed fingers at the economy, the pandemic, the government, the company and your spouse?

*I'm convinced we can create a massive ripple effect to contribute to the solutions for a better life for ourselves, our families, our country, and ultimately the world.*

You can put yourself in the driver's seat of your life immediately, if you create a clear plan, decide what's important to you, and ACT.

Feeling discouraged? Miserable in your job? Just lost your business? Give yourself a new beginning tomorrow!

“All beginnings are hopeful.”

*“With definite goals you release your own power,  
and things start happening.”*

- Zig Ziglar

This is a basic starting format for goal setting. You may feel you are being rushed or hurried. However, you'll find that if you do not begin to make decisions you will tend to procrastinate and your history will simply repeat itself.

A quick decision is often the best decision and is certainly better than no decision.

*Indecision is the greatest thief  
of opportunity.*

Goals are not written in concrete and unchangeable terms but they do give you a starting point and a destination.

The important thing is that you are in charge when working on your goals. It is the easiest way to put yourself in the driver's seat of your life.

Your life has meaning only when you are working toward goals that you have decided on.



# SUCCESS: THE PROGRESSIVE REALIZATION OF WORTHWHILE GOALS

In order for your purpose in life to be fulfilled, you must set goals in multiple areas. Success is not just career or financial – family, physical and spiritual are equally important areas of achievement. They are part of the same whole, balanced person. This is the whole person concept of the 48 Days To The Work (and Life) You Love approach.

Any stage in life can be an exciting time with many opportunities, or a dreary time of confusion and entrapment. You may not be able to change your circumstances, but you can decide that the circumstances won't dominate you. You do have choices.

Begin with the three-year goals and then work backward to what you need to do today to make deposits in what you want your life to be three years from now. Be specific, creating quantifiable benchmarks to track your deposits of success.

There is something magical that happens when you write down your goals. I have seen people transform their levels of success almost instantly simply as a result of getting clearly defined and written goals.

Here's the framework for this entire process. You might want to just park on this section for a little while - and then incorporate your answers into the following sections.

- If we were meeting three years from today, what has to have happened during that three-year period for you to feel happy about your progress?
- What are the biggest dangers you'll have to face and deal with in order to achieve that progress?
- What are the biggest opportunities you have that you would need to focus on and capture to achieve those things?
- What strengths will you need to reinforce and maximize, and what skills and resources will you need to develop that you don't currently have in order to capture those opportunities?

# GOAL PLANNING GUIDE

## My Goals for 2021 and Beyond

1. FINANCIAL Income, Investments (If you can't dream it, it won't happen)

*"Delight yourself in the Lord and he will give you the desires of your heart." Ps. 37:4*

How much do you want to be earning each year in 3 years? \_\_\_\_\_

How much do you want to have in the bank or in investments? \_\_\_\_\_

*If you can't dream it, it won't happen! Nothing is unrealistic if you have a clear plan.*

### Three-Year Goals

(Be Specific – can we measure this?)

Make it personal:

I earn \_\_\_\_\_

I drive \_\_\_\_\_

I have purchased \_\_\_\_\_

I invest \_\_\_\_\_

---

---

---

---

---

---

---

---

**FINANCIAL (continued)**

**One-Year Goals**

(How much do you want to increase your income in the next 12 months?)

---

---

---

---

---

---

---

---

**Beginning TODAY!** (What can you do today to make a deposit?)

Examples:

I save 10% of my income each week \_\_\_\_\_

I am developing my own business to \_\_\_\_\_

I am giving \_\_\_\_\_ to \_\_\_\_\_

---

---

---

---

---

## 2. PHYSICAL -- Health, Appearance, Exercise

*"The feeling of being hurried is not usually the result of living a full life and having no time. It is, on the contrary, born of a vague fear that we are wasting our life. When we do not do the one thing we ought to do, we have no time for anything else – we are the busiest people in the world."*

- Eric Offer

Do you take long walks, exercise or meditate regularly? \_\_\_\_\_

Are you living a balanced life? Is this an area that deserves more time? \_\_\_\_\_

Can you just give yourself 30 minutes to relax? \_\_\_\_\_

One of my favorite Italian sayings is "Dolce far Niente", which means "the sweetness of doing nothing." It does not mean being lazy, it is referring to the pleasure one gets from being idle. The ability to completely enjoy and savor a moment.

*Do you know that physical exercise is a cleansing process that can dramatically increase your creativity?*

*Wealth is difficult to enjoy if you've given up Health in the process.*

**Three-Year Goals** (Be Specific – can we measure this?)

Nutrition Plan: \_\_\_\_\_

Aerobic Health: \_\_\_\_\_

Cardiovascular System: \_\_\_\_\_

Muscle Tone: \_\_\_\_\_

Other: \_\_\_\_\_

**PHYSICAL (continued)**

**One-Year Goals**

Make it personal:

I weigh \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Beginning TODAY!**

I exercise 4 times weekly doing \_\_\_\_\_

I get 7-8 hours of sleep each night \_\_\_\_\_

I enjoy vitality, health, and energy because \_\_\_\_\_

I \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 3. **PERSONAL DEVELOPMENT** Knowledge, Education, Self-Improvement

*“Never rest on your achievements; always nurture your potential.”*

- Denis Waitley

Your success, financial and otherwise, will never far exceed your personal development. Start doing something that you've put off because of the risk of failure.

Want to learn a new language? Make this your year.

How many books will you read this year? They say that if you read 3 books on any subject you will be an expert in that topic.

Take the time for personal development – this may be the inhaling part of healthy personal breathing – if you do nothing but exhale, you'll turn blue and pass out. (Speaking of time – join Automobile University – if you drive 25,000 miles/year at an average speed of 46mph, you'll spend about the same amount of time in your car as an average college student spends in class. The question is, what are you doing with that time? You can listen to podcasts and audio programs and transform your success.)

Where do you look for inspiration, mentors and positive input? What gifts do you have that you have not been using? Is there some potential for full achievement that needs to be unlocked?

**Three-Year Goals** (Be Specific – can we measure this?)

If you invest 3-5% of your income in your personal development you can put yourself on the path to success that most people never experience.

*“Here is a rule that will guarantee your success – and possibly make you rich: Invest 3 percent of your income back into yourself.” – Brian Tracy*

I will have read \_\_\_\_\_

I will have studied \_\_\_\_\_

I will have learned \_\_\_\_\_

\_\_\_\_\_

## PERSONAL DEVELOPMENT (continued)

### One-Year Goals

I will join a local \_\_\_\_\_

I will speak at \_\_\_\_\_ on the topic of \_\_\_\_\_

---

---

---

---

---

---

---

### Beginning TODAY!

I will read \_\_\_\_\_

I will study \_\_\_\_\_

I will attend \_\_\_\_\_

---

---

---

---

---

4. **FAMILY** Relationship to others, Development of children, Where do you want to live?

*The second law of thermodynamics – things left to themselves tend to deteriorate.  
Great relationships don't just happen – they come as the result of making deposits toward the "success" you want.*

What is the kind and length of vacations you will take this year? What would be the goal for free time with family and friends?

You may try taking the time you normally spend watching a favorite TV show and spend that time instead with your spouse, a child or a friend.

Don't say you want to be a "better" mom, dad or parent. Define what that means: You may decide to spend 20 minutes each night with your child or one Saturday morning a month doing what he/she wants to do. Or how about scheduling one overnight event with your spouse every quarter?

Family is the smallest form of government. The current challenges in our government are merely a reflection of the breakdown of the American family. We start with the family and work up; not the other way around.

**Three-Year Goals** (Be Specific – can we measure this?)

We will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## FAMILY RELATIONSHIPS (continued)

*"Your success as a family, our success as a society, depends not on what happens in the White House, but on what happens inside your house." Barbara Bush in a commencement address at Wellesley College.*

### One-Year Goals

We will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Beginning TODAY!

We will \_\_\_\_\_

I will plan a date night every \_\_\_\_\_

I will spend \_\_\_\_\_ hours each week

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. **SPIRITUAL** Personal commitment, Theological understanding, Meditation

*“Asking for something from God does not mean talking God into it; it means an awakening of the gift within ourselves.” Richard Rohr*

Can you say that you are now living out God’s purpose for your life? \_\_\_\_\_

What are you a part of that goes beyond yourself? \_\_\_\_\_

\_\_\_\_\_

How have you handled a crisis this last year? \_\_\_\_\_

\_\_\_\_\_

Are you comfortable taking steps of faith or are you more comfortable with what you have already seen? \_\_\_\_\_

Do you trust your “dreams” as being inspired? \_\_\_\_\_

How will you be remembered? \_\_\_\_\_

\_\_\_\_\_

**Three-Year Goals** (Be Specific – can we measure this?)

I will develop my daily meditation by \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## SPIRITUAL (continued)

### One-Year Goals

I will plan a spiritual retreat to \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I will \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

### Beginning TODAY!

I will grow and expand my faith by \_\_\_\_\_

\_\_\_\_\_

I will read \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. **SOCIAL** Increased number of friends, Community involvement, etc.

*“The greatest good you can do for another is not just to share your riches, but to reveal to him his own.”*

- Benjamin Disraeli

Change old attitudes. Discard past negatives. Ask for forgiveness. Make things right with people whom you need to forgive, or who need to forgive you.

Choose someone you could care for or be a mentor to – and then make the effort to work on this relationship, starting today.

What is a promise you made to someone but failed to keep?

Spend time with an elderly person and find out some of his/her fondest memories.

## *6 Ways To Make People Like You\**

- Become genuinely interested in other people.
- Smile
- Remember that a person's name is to that person the sweetest and most important sound in any language.
- Be a good listener. Encourage others to talk about themselves.
- Talk in terms of the other person's interests.
- Make the other person feel important – and do it sincerely.

\*How to Win Friends and Influence People – Dale Carnegie

**SOCIAL (continued)**

**Three-Year Goals** (Be Specific - can we measure this?)

I will be serving in these organizations \_\_\_\_\_  
\_\_\_\_\_

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**One-Year Goals**

I will develop friendships with \_\_\_\_\_  
\_\_\_\_\_

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Beginning TODAY!**

I will join the \_\_\_\_\_  
\_\_\_\_\_

I will \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## 7. CAREER Ambitions, Dreams, Hopes

*“That every man find pleasure in his work – this is the gift of God.” Ecc. 3:13*

This is an outcome of knowing what you want in the other 6 areas.

Your career should be a reflection of the LIFE you want. Once you decide on the life you want, it becomes obvious what kind of work embraces that. We want to help you “Plan your Work around the Life you want.”

What are your unique (1) Skills & Abilities, (2) Personality Traits, and (3) Values, Dreams & Passions. These will define your best applications for work.

**Three-Year Goals** (Be Specific – can we measure this?)

What would a perfect work day look like? \_\_\_\_\_

---

---

---

---

---

---

**One-Year Goals**

Do you need any new training or skills? \_\_\_\_\_

---

---

---

---

---

## CAREER (continued)

### Beginning TODAY!

I will write \_\_\_\_\_

I will develop \_\_\_\_\_

---

---

---

---

---

*“The master in the art of living makes little distinction between his work and his play, his labor and his leisure, his mind and his body, his information and his recreation, his love and his religion. He hardly knows which is which. He simply pursues his vision of excellence at whatever he does, leaving others to decide whether he is working or playing. To him he is always doing both.”*

James Michener



In order for your “Purpose” in life – your “Calling” to be fulfilled, you must set goals in multiple areas. Success is never just in career or financial areas. Set your goals for Success and Balance in family, social, physical and spiritual areas of your life as well.

Make sure that you have some response in each and every category. Put these away for two weeks. Then come back to them and ask yourself again – Are these really my goals? If they are, then start the process of Beginning TODAY to make your deposits. You will be amazed at how they start to come alive and become real. Make a weekly list identifying specific steps for deposits in each area.

Important: Every month, set aside two hours to review and revise your goals.

Let us know your success!

Your friend in the process,

Dan

Need an accountability partner, or several hundred, to help you reach your goals?  
The 48 Days Eagles Community will give you the resources and support you need to make 2021 a truly new year!



**CLICK TO FIND OUT MORE**

Or go to [48DaysEagles.com](https://48DaysEagles.com)