

your simple practice

Set Yourself Up For Success!

Writing Out Your Goals in 7 Dimensions of Life

Why does writing out goals matter?

Easy answer: Because YOU matter and so do your dreams! And, because the only way they are going to happen is if you are CLEAR on what they are, and have specific plans to achieve them. People who write their goals down are 42% more likely to accomplish them when compared to people who never write their goals down. Guess what else? When you share your goals with someone you are 78% more likely to achieve them! So go for it! Write them down then tell someone to build in some accountability.

When you write out your goals you'll have a blueprint for how you want to spend your time effectively and be less likely to succumb to distractions. With a clear idea of what you want to achieve it's easier to focus on the right tasks and avoid getting overwhelmed by other demands on your time that don't align with your goals. When you write your goals down and see that they are achieved, you'll gain confidence and have more courage to push yourself to try new things and set new goals moving forward. Most importantly, when you write out your goals in the 7 areas of life as you'll see below, you'll honour yourself by creating time for the different parts of life that make it so rewarding and help us feel like we are living lives that matter.

When should you do this?

I recommend setting goals at the beginning of every calendar year to get a sense of what you want the 12 months ahead to look like. Then, at the beginning of every quarter take a look at the yearly goals and break them down into smaller goals that align with the big goals.

Set up your life in business in 90-Day Cycles so you can effectively plan and organize your life and business:

Q1 - January, February, March

Q2 - April, May, June

Q3 - July, August, September

Q4 - October, November, December

Create some time at the beginning of January, April, July, and October to reflect on how your yearly goals are progressing, and recalibrate your actions for the weeks and months ahead so that you can make them happen!

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How can you get started writing out your goals?

Consider these 7 areas and start writing out your ideas on the pages that follow. We use the **BSIMPLE** mnemonic to keep it simple! Listen to podcast episode #134 or watch the video training if you're part of the Simple Practice group.

- B - Body
- S - Support
- I - Intimacy
- M - Money
- P - Practice
- L - Lifestyle
- E - Environment

Body - What goals do you have for your health?

Support - What causes are you giving your time to?

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Intimacy - What are you investing in your relationships?

Money - What are your financial goals?

Practice - What are your dreams for growth, collections, continuing education, team training?

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Lifestyle - What are you doing for FUN?

Environment - Are there renovations or projects to do?

Setting goals maximizes your potential in all the dimensions of your life. When you are clear on what you want and take consistent actions you'll be closer to living your own Rockstar Doctor Life! Find all the episodes and more at www.rockstardoctorlife.com

More notes, ideas & dreams....
