

Step 2: Write down your key goals

Refer to your '[Blueprint For Success](#)' worksheet and write down your main goals.

The key goals I am currently working towards achieving are...

Step 3: Identify the activities that are not moving you closer to achieving your goals

Go through your activity list and place a tick or a cross next to each activity. Use a tick if the activity is moving you closer to achieving one of your goals. Use a cross if the activity is not moving you closer to achieving any of your goals.

Step 4: Ask yourself two important questions

For each activity that received a cross, ask yourself these 2 important questions:

(1) Can I **modify** this activity so that it will take me closer to achieving my goals?

(2) Can I **replace** this activity with a new activity that will take me closer to achieving my goals?

EXAMPLE WORKSHEET

Step 1: Identify your current activities - example

Reflect upon your last week and write down the different activities you spent your time on. The easiest way to do this is to review your days from start to finish and write down how you spent your time. Refer to your diary or PDA if you have one.

Activity	<input checked="" type="checkbox"/> <input type="checkbox"/>
Get ready for work	
Catch train to city	
Client meetings	
Lunch with Bec and Michael	
Client and staff meetings	
Catch train home	
Watch TV	
Have dinner	
Help kids with homework	
Watch TV	
Sleep	

Step 2: Write down your key goals - example

Refer to your '[Blueprint For Success](#)' worksheet and write down your main goals.

The key goals I am currently working towards achieving are...
Make enough money to support the family
Pay off the mortgage
Spend time with the kids
Get fit
Learn to speak French

Step 3: Identify the activities that are not moving you closer to achieving your goals - example

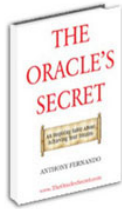
Go through your activity list and place a tick or a cross next to each activity. Use a tick if the activity is taking you closer to achieving one of your goals. Use a cross if the activity is not directly taking you closer to achieving one of your goals.

Activity	<input checked="" type="checkbox"/> <input type="checkbox"/>
Get ready for work	<input type="checkbox"/>
Catch train to city	<input type="checkbox"/>
Client meetings	<input checked="" type="checkbox"/>
Lunch with Bec and Michael	<input type="checkbox"/>
Client and staff meetings	<input checked="" type="checkbox"/>
Catch train home	<input type="checkbox"/>
Watch TV	<input type="checkbox"/>
Have dinner	<input checked="" type="checkbox"/>
Help kids with homework	<input checked="" type="checkbox"/>
Watch TV	<input type="checkbox"/>
Sleep	<input checked="" type="checkbox"/>



If you found this worksheet useful, you might also like my latest book 'The Oracle's Secret'.

You can find out about the book and the free bonuses that come with it at the website below.



"An inspirational tale that imparts magnificent lessons in the form of a delightful story. Thank you" - Mike Rogers

Click here to visit: <http://www.TheOraclesSecret.com>

I wish you all the very best and I look forward to helping you achieve your most important life goals.

Warm Regards,

Anthony