

The GET RESULTS Worksheet

This is a powerful tool to take a big goal and break it down into an actionable plan. Fill out a worksheet for each of your key goals. See **Chapter 3** of “You TOO Can Start (and Grow) a Business!” for more information on the GET RESULTS method.

G = Goals that Generate Life

E = Excitement and Expectation

T = Time Sensitive

R = Reaching Further

E = Energy Creating

S = Significant Accomplishment

U = Unwavering Commitment

L = Learning and Leading

T = Talents Expanded

S = Satisfying

Goal:

- **(G) What's Your Goal?** _____
- **(E) Excites Me:** _____
- **(T) By When:** _____
- **(R) Reach For:** _____
- **(E) Energy:** _____
- **(S) Big Win:** _____
- **(U) Promise:** _____
- **(L) Learn:** _____
- **(T) Skills:** _____
- **(S) Feels Great:** _____