



Goals in Motion

Picture yourself climbing into the driver's seat of a sleek sports car, the leather warm under your hands as you grip the wheel. You're not just sitting there idling or revving for show—you're about to take control and set off on the highway to your dreams. Imagine the engine roaring to life, the road stretching out before you, and every mile bringing you closer to the life you've envisioned.

And no, this isn't about speeding aimlessly or taking random detours like we sometimes do when life feels overwhelming—but steering with purpose and direction, understanding where you're headed, and mapping out a clear path to get there.

This exercise is designed to help you shift from dreaming to doing—turning your big ideas into achievable, actionable goals. With the right mindset and a solid plan, those long to-do lists become roadmaps to success, and every small win becomes fuel for the next leg of your journey. The road ahead is yours to navigate. Let's get started!

1. Ask Yourself the Right Questions:

- What do I want?
 - Be specific. Is it a new career, financial freedom, or a healthier lifestyle?
Please write it down.
- Why do I want it?
 - Understanding your motivation keeps you focused when challenges arise.
- Do I need a co-pilot?
 - Identify who can guide or support you in this journey.
- Is my goal measurable?
 - Ensure your progress is trackable.
- What's my timeframe?
 - Set a clear deadline to create urgency.

Your Goal:

Your Why:

2. Break It Down:

- Set milestones: Divide your goal into smaller, actionable steps.
 - *Example:* If your goal is to run a marathon, start with shorter runs and build up.
- Create an action plan: Develop a step-by-step roadmap for achieving each milestone.
- Celebrate small wins: Acknowledge each milestone to keep your motivation high.

Your Milestones:

3. Put Your Plan into Action:

- Start with easy wins to build momentum.
- Gradually tackle bigger goals.
- Stay flexible: Adapt your plan when life throws curveballs.

Your Next Step:

4. Write It Down:

- Keep your goals visible with a dry-erase board, notebook, or planner.
- Review and reflect: Regularly revisit your goals to stay aligned and motivated.

Your Goal Tracker (physical planner, a spreadsheet, an app, or even a dry-erase board):

Conclusion:

Your goals are the fuel for your life's journey, propelling you forward with excitement and purpose. Every small step gets you closer to the life you envision. Embrace the process, celebrate your wins, and keep moving forward.

Your Move:

Ready to rev up your engine? Start setting those goals today! Need extra inspiration? Check out *Steer and Maneuver* for practical strategies and motivational stories to keep you on track. Get your goals on and steer straight toward success!



You can find *Steer and Maneuver* wherever it's easiest for you—on Amazon, Audible, or even directly on my website. Choose the format that fits you best.