

#IAMNEXT 5-DAY GOAL SETTING CHALLENGE

When you're in your lane, there is no traffic.
www.phileciadayle.com

Welcome!

Who Is This Challenge For?

What Will I Gain From Following This Challenge?

How Do I Follow Along?

This 5-Day Goal Setting Challenge is for anyone who is looking to achieve a specific goal in their personal or professional life, no matter how big or small. If you're unsure of how to go about starting on a path to achieving your goals, and willing to follow the daily activities, then this challenge is for you.

You will gain a 5-day guide to identifying goals in your personal and professional life, creating actionable steps, with timelines and milestones to keep you moving toward your goal. Over the course of this 5-day challenge, you will gain clarity and accountability for your goals and a blueprint to use over and over.

On the next page you will find a calendar-style 5-day template with daily activities and milestones. Set intentional time aside to follow the daily prompts. If you need more time, give yourself the time you need. While this is a 5-Day Challenge, the ultimate goal is to help you build your goal setting skills for today and for your future.

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The only person you should try to be better than, is the person you were yesterday

Map It Out

Day 1:

- Determine where you are today

Activity:

- Assess where you are today in the following areas: career, financial, spiritual, health, relationships, personal growth, family and fun/self care
- Are you where you want to be?
- Is there an area that you want to focus on more than the others?
- Use this to create your vision for your life. What do you want to do, be and have?



Set Your Goal & Action Steps

Day 2

- Define your goal and create actionable steps

Activity:

- Create a clear, detailed goal for each area in your life you want to grow. DON'T make too many and get overwhelmed.
- Identify actionable steps to take you from where you are today to where you see your future self.

REMEMBER:

Quality > Quantity



Set Timelines and Measures

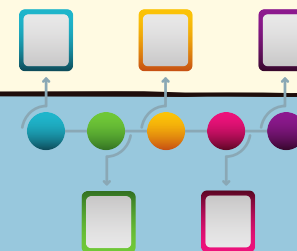
Day 3:

- Create milestones to measure time to goal and progress to goal

Activity:

- Identify the realistic time it will take you to reach your goal.
- Determine motivating milestones for each goal. They should be easily measurable. Think of this as our snapshot of your progress.

HINT: Putting your goals on a timeline with milestones and action items create an easy way to track and monitor progress.



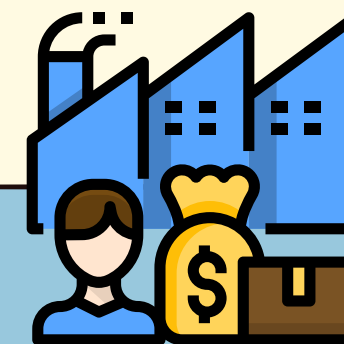
Time to Engage

Day 4:

- Identify who and what you need to reach your goal.

Activity:

- Write down everything you need to achieve your goal. Is it a class, reading a book, a coach, a consultant or tool?
- Think about your strengths and areas of opportunities. How can you build on what you have to reach your goal?



Everyday is YOUR Day

Day 5:

- Incorporate habits to drive your actions

Activity:

- Work toward your goal every day
- Breakdown your Annual Goal and create Quarterly, Monthly, Weekly and Daily Action Steps to reach them
- Ensure your daily habits support your overall goal.
- It's OK to rest. Just don't quit.



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Start Where You Are
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Thank!
You!

I hope you found this #IAMNEXt 5-Day Goal Setting Challenge helpful as you set goals to transform your life.

I'd love to hear about your progress!

Let's connect! Also check out the other resources, workshops and programs that can help you create transformational change in your life and business.

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