

Integrated Goals Checklist - Top Down

Normally used for setting smaller or more specific goals.

Outcome Values

What is my goal?

What is the outcome I value most?

Specific

What is the specific and positive thing that I want to achieve or have.

Measurable

What are the measures that matter to me?

How will I know once I have achieved it?

Time

When do I want to achieve it by?

Behavioural Values

What do I need to do?

What behaviours matter most to achieve my goal?

Are there habits I need to change?

Are there specific behaviours I need to adopt?

Belief Values

What thoughts matter most to achieve my goal?

Are there specific ideas or beliefs I need to adopt?

How is my unconscious reacting? Are there beliefs I need to change?

Achievable

Is achieving this goal under my control?

If no, then what is under my control? Are there steps to achieving this goal that I can control?

How will trying to achieve this goal impact my personal or family ecosystem?

Character Values

Who do I need to be to achieve this goal?

Who have I been?

Who am I currently being?

Who do I need to become?

What resources do I need to create that identity and achieve the goal?

Greater Purpose Values

What is the greater purpose I want to achieve?

Relevant

Why is this important to me?

Why do I want this?

What is my deeper motivation?

Is this goal contributing to a greater purpose?

Integrated Goals Checklist - Bottom up

Normally used for a bigger or more meaningful outcome or purpose.

Greater Purpose Values

What is the greater purpose I want to achieve?

Relevant

Why is this important to me?

Why do I want this?

What is my deeper motivation?

Character Values

Who do I need to be to achieve this Greater Purpose?

Who have I been?

Who am I currently being?

Who do I need to become?

What resources do I need to create that identity and achieve the Greater Purpose?

Belief Values

What thoughts matter most to achieve my Greater Purpose?

Are there specific ideas or beliefs I need to adopt?

How is my unconscious reacting? Are there beliefs I need to change?

Achievable

Is achieving this under my control?

If no, then what is under my control? Are there steps to achieving this that I can control?

How will trying to achieve this Greater Purpose impact my personal or family ecosystem?

Behavioural Values

What do I need to do?

What behaviours matter most to achieve my Greater Purpose?

Are there habits I need to change?

Are there specific behaviours I need to adopt?

Outcome Values

What matters most?

What is the specific goal I need to achieve?

Specific

What is the specific and positive thing that I want to achieve or have.

Measurable

What are the measures that matter to me?

How will I know once I have achieved it?

Time

When do I want to achieve it by?

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