



# THE WAY OF FRUITFULNESS

## EXERCISE 11: SETTING GOALS

*Use the following worksheets to breakdown your Annual Focus, Bold Goals (Annual), Challenging Goals (Quarterly), Straightforward Goals (Monthly), and Weekly Goals. Consult your previous exercises to find your Focus Statement, Flow Statement, and Values.*

## ANNUAL FOCUS

**FOCUS STATEMENT**

**FLOW STATEMENT**

**VALUES**

**ANNUAL FOCUS**

**BOLD GOAL**

**BOLD GOAL**

**BOLD GOAL**

**STRENGTHS**

**WEAKNESSES**

**OPPORTUNITIES**

**THREATS**

## BOLD GOAL (ANNUAL)

**ANNUAL FOCUS**

**FOCUS STATEMENT**

**FLOW STATEMENT**

**BOLD GOAL**

**DUE: \_\_\_\_\_**

**LINKED VALUES**

**DOMAIN**

### CHALLENGING GOALS (QUARTERLY)

Q1

Q2

Q3

Q4

**RESOURCES**

**RELATIONSHIPS**

**ANTICIPATED BARRIERS**

**EAT THE FROG (TOP CHALLENGE)**

## CHALLENGING GOAL (QUARTERLY)

**ANNUAL FOCUS**

**BOLD GOAL**

**FOCUS STATEMENT**

**FLOW STATEMENT**

**CHALLENGING GOAL**

**DUE: \_\_\_\_\_**

**LINKED VALUES**

**DOMAIN**

## STRAIGHTFORWARD GOALS (MONTHLY)

M1 DUE: \_\_\_\_\_

M2 DUE: \_\_\_\_\_

M3 DUE: \_\_\_\_\_

M4 DUE: \_\_\_\_\_

**RESOURCES**

**RELATIONSHIPS**

**ANTICIPATED BARRIERS**

**EAT THE FROG (TOP CHALLENGE)**

## STRAIGHTFORWARD GOAL (MONTHLY)

**ANNUAL FOCUS**

**BOLD GOAL**

**QUARTERLY GOAL**

**FOCUS STATEMENT**

**FLOW STATEMENT**

**STRAIGHTFORWARD GOAL**

**DUE: \_\_\_\_\_**

**LINKED VALUES**

**DOMAIN**

### WEEKLY GOALS

W1 DUE: \_\_\_\_\_

W2 DUE: \_\_\_\_\_

W3 DUE: \_\_\_\_\_

W4 DUE: \_\_\_\_\_

**RESOURCES**

**RELATIONSHIPS**

**ANTICIPATED BARRIERS**

**EAT THE FROG (TOP CHALLENGE)**

