THE PATHFINDER PROGRAM

GOAL TRACKER WORKBOOK

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The Pathfinder Program Workbook series was originally created by, Benay Wettle, The Coaching Tools and Systems Expert. Since then, your coach, Justin Miller, has invested in The Program and made modifications as needed to best suit your needs. We hope you enjoy the team effort!

Please feel free to store and/or print this workbook for your own personal use. Please do not distribute this workbook without the written permission of your coach, Justin Miller and of Benay Wettle.

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INTRODUCTION

The Goal Tracker™ has been created to help you to focus your energy and attention on achieving some specific goals in the next six months. Its aim is also to help you construct a long-term vision for your life that aligns with your values, beliefs, goals, skills and idea of success, all of which you explored during the Pathfinder Program™.

Before you start, take a minute to write down when you will complete each of the exercises and when you will realize your goals.

ACHIEVEMENT	DATE
I wrote my vision statement on:	
I set my six-month goals on:	
My six-month goals will be reached on:	

VISION STATEMENT

To create an empowering vision for each area of your life, you need to think big and dare to dream. If you have completed the Pathfinder workbook, you will find this much easier to do!

Write as much as you need to, to build a compelling, ideal picture of the way you would like each area of your life to be.

What would you be, do and have in each area if:

- You could not fail?
- Money was not an issue?
- You had no fear?

In the next exercise, you will take your vision and decide which steps you will achieve in the next six months. So for now, think big and dream using some of the ideas you came up with in the Pathfinder Program™, and add in new things as they come up.

CAREER/BUSINESS

EXAMPLE

I am recognized as a global thought leader in an area that I feel passionate and curious about. Every week, I hear how I inspire people all over the world to be even more than they already are by helping them follow their dreams.

FINANCES/WEALTH

FRIENDS AND FAMILY

FUN, RECREATION, AND ENTERTAINMENT

HEALTH AND FITNESS

LOVE LIFE

PERSONAL/SPIRITUAL DEVELOPMENT

PHYSICAL ENVIRONMENT

EXAMPLE

I live in a beautiful and comfortable four-bedroom home near the sea. There is lots of space, a lush garden and a gorgeous view from the porch.

GET SOME ACCOUNTABILITY

Complete this workbook with a friend, partner, or coach and then meet every week to keep each other on track and accountable.

GOAL SETTING

Now that you know the compelling, ideal vision for each area of your life, it's time to set some goals for what you would like to achieve within the next six months. You should aim to set one to three goals for each life area (and no more than five).

To make your goals reality, set some tangible measures for yourself and establish what tasks you will need to integrate into your weekly schedule to reach your goals.

REMEMBER TO ASK YOURSELF:

- What is the worst that would happen if I did <enter big dream/vision> now?
- What would I have to do to get back to where I am right now if I actually did <enter big dream/vision> in the next six months?
- What am I postponing until retirement? Why am I choosing to wait? If I did that now, what would I learn?

CAREER/BUSINESS			
Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)
EXAMPLE *Become a global thought leader*	EXAMPLE *Establish a blog*	EXAMPLE *I have published 12 articles on my blog*	EXAMPLE *Work two hours per week (each Tuesday night) researching and writing articles*

FINANCES AND WEALTH

Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

FRIENDS AND FAMILY

Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

FUN, RECREATION, AND ENTERTAINMENT			
Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

HEALTH AND FITNESS

Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

LOVE LIFE

Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

PERSONAL/SPIRITUAL DEVELOPMENT			
Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)

PHYSICAL ENVIRONMENT			
Link with Vision	Six-month Goal(s)	Measure(s)	Weekly Task(s)
EXAMPLE *Live by the sea*	EXAMPLE *Research five ideal seaside locations that I would like to live in, and visit at least one location*	EXAMPLE *Have written one paragraph about each of the five locations* *Have visited at least one of the five locations*	EXAMPLE *Sundays – research seaside locations*

KEEPING TRACK OF YOUR GOALS

Now that you have set your six-month goals it is time to keep track of your progress each week. This is an essential step in learning how to write and manage goals that work for you and deliver the life that you choose to live.

We recommend keeping track of your goals in the goal-tracking spreadsheet provided with the Pathfinder Program™.