

# GOAL GENIUS

## LIFE ON PURPOSE

Goal Genius Beta Test Worksheet 3/24

### Step One: My Roles

My Current Roles:

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My Future Roles:

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The Roles I will work on during the next year:

Role #1: \_\_\_\_\_

Role #2: \_\_\_\_\_

Role #3: \_\_\_\_\_

Role #4: \_\_\_\_\_

Role #5: \_\_\_\_\_

Role #6: \_\_\_\_\_

Role #7: \_\_\_\_\_



## My Roles & Goals

Role 1: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:

**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #2:

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\_\_\_\_\_  
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**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #3:

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**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
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Steps to achieve Goal #4:

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**Goal #5** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #5:

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**Goal #6** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #6:

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\_\_\_\_\_  
\_\_\_\_\_



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**My Roles & Goals**

Role 2: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:



**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

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\_\_\_\_\_  
\_\_\_\_\_  
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**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
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Steps to achieve Goal #4:

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**Goal #2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #2:

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**Goal #5** \_\_\_\_\_  
\_\_\_\_\_  
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Steps to achieve Goal #5:

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**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #3:

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**Goal #6** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #6:

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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## My Roles & Goals

Role 3: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:



**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

Steps to achieve Goal #4:

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**Goal #2** \_\_\_\_\_  
\_\_\_\_\_  
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**Goal #5** \_\_\_\_\_  
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Steps to achieve Goal #2:

Steps to achieve Goal #5:

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**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
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**Goal #6** \_\_\_\_\_  
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Steps to achieve Goal #3:

Steps to achieve Goal #6:

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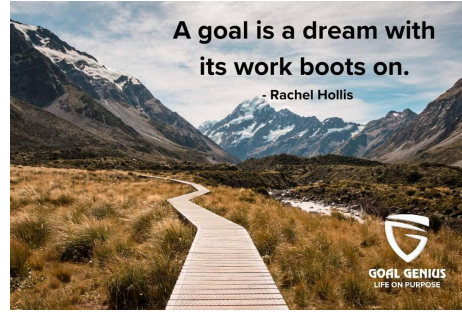
**My Roles & Goals**

Role 4: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:



**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

Steps to achieve Goal #4:

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**Goal #2** \_\_\_\_\_  
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**Goal #5** \_\_\_\_\_  
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Steps to achieve Goal #2:

Steps to achieve Goal #5:

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**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
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**Goal #6** \_\_\_\_\_  
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Steps to achieve Goal #3:

Steps to achieve Goal #6:

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**My Roles & Goals**

Role 5: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:



**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

Steps to achieve Goal #4:

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

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**Goal #2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #5** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #2:

Steps to achieve Goal #5:

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\_\_\_\_\_  
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**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
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**Goal #6** \_\_\_\_\_  
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\_\_\_\_\_

Steps to achieve Goal #3:

Steps to achieve Goal #6:

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## My Roles & Goals

Role 6: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:

Goal #1 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal #2 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #2:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal #3 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #3:

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\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
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Goal #4 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #4:

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\_\_\_\_\_  
\_\_\_\_\_  
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Goal #5 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #5:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Goal #6 \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #6:

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

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## My Roles & Goals

Role 7: \_\_\_\_\_

How I would like others to describe me in this Role:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

My current Goals in this Role:

**Goal #1** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #1:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #2** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

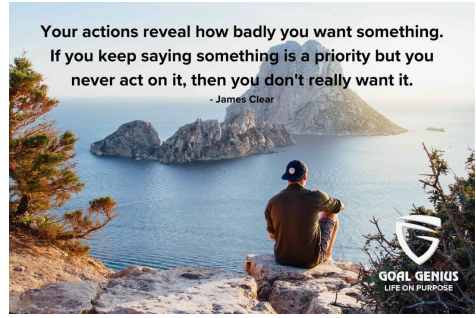
Steps to achieve Goal #2:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #3** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #3:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



**Goal #4** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #4:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #5** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #5:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Goal #6** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Steps to achieve Goal #6:

\_\_\_\_\_  
\_\_\_\_\_  
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\_\_\_\_\_  
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## Step Six: My Personal Tune-Up

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Things I will do to cultivate a healthy body:

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Things I will do to cultivate a healthy mind:

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Things I will do to cultivate a healthy spirit:

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## Step Six: My Personal Tune-Up – *continued*

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

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April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

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July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

GOAL GENIUS  
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October						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

November						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

December						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						
Mind						
Body						
Spirit						

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LIFE ON PURPOSE



## Step Seven: My Life on Purpose

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### **Kaizen – The practice of constant incremental improvement.**

List five ways you can leave people better than you found them every day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

List five ways you can leave places better than you found them every day.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2. Pick a recurring date you are going to review steps one through six with the intent to fine tune the responses you made on the first pass through. It can be monthly, quarterly, yearly, or at any interval you choose.

What will the recurring date be? \_\_\_\_\_

How frequently will you review your steps?

Other: \_\_\_\_\_

And once you complete your review of steps one through six, remember to review and update step seven as well.







