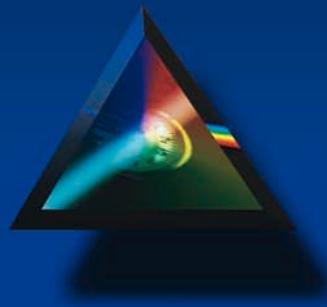




ANATOMY
of the
Achievable
GOAL



E. R. Haas & Kent C. Madson



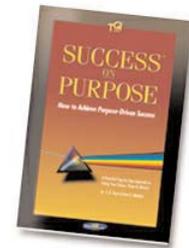
THE ANATOMY OF THE ACHIEVABLE GOAL...

This simple TQ Example Resource is designed to help you quickly get your hopes and dreams crystallized into Achievable Goals. Follow the two examples below and you will discover the systematic, step-by-step process for turning your aspirations into goals that are not only Specific, Measurable, Accountable, Realistic and Tangible (SMART Goals) but easily Achievable as well.

This resource is not a replacement for doing the work in the [Set Goals](#) and [Make Plans Personal Workshops](#). It also presupposes that you already know what you want in life and have a strong sense of Natural Mission and Inherent Direction.

If your Mission Color Score is less than 7-8, you might want to first complete the exercises found in *Success On Purpose: How to Achieve Purpose Driven Success*. There you will find the systems and procedures for living your best life now—a life of passion, purpose and mission—each and every day you are here on Earth.

If you haven't downloaded this free 64 page eBook, you will find it at ThinkTQ.com/Downloads or within the ThinkTQ.com/Start section.



Finally, if you do have a strong sense of purpose and mission, then actually *living* your mission becomes the prime-driver of your life. This is done by setting and achieving goals that are in direct alignment with your mission, and upon which you can truly power up your performance.

Setting crystal-clear goals is what we call the transition Color within the Time Prism. It assumes your other 9 Colors are up to the task of moving your dreams and visions off the page and into your life. This means that you must have a TQ Score high enough to produce the results you expect. If you don't, you will find it difficult, if not impossible, to achieve big goals with low personal power.

Thus, you will see that setting and achieving goals requires you to maintain a power level (TQ) high enough to consistently GET the Results you EXPECT. If you are currently setting big GOALS, but failing to ACHIEVE them, this is why: Your Expectations are greater than your Power of Execution.

SOLUTION? SIMPLE!

Just increase your personal [Power of TQ](#) to the point where your Power meets or exceed the size of your Expectations. When you do, you will consistently achieve the Results you want... in the Time you have.

Note: This is an *interactive* PDF eBook. If you click on the [Blue Link](#), you will be taken to the corresponding web site address!

YOUR COMMITMENT IS EVERYTHING...

To achieve tremendously inspiring and motivational goals requires that you remain connected to your goals... and 100% committed to your performance. We have made this connection push-button simple within the [My Dreams and Goals Section](#) at ThinkTQ.com!

Follow the 4 Step procedure for moving your dreams out of your heart and head... transforming them into crystal-clear goals... then make a simple plan... and you are over half way towards achieving even your greatest goals.

All that remains is to take the next step... truly COMMIT to the power necessary for each goals achievement. Again, it is simple to do this:

1. Choose just one area of your performance...
2. Either a dominant strength, or a limiting weakness...
3. Take ACTION to improve it. Now.

Do this, and you will have the raw, results-producing personal power to take on anything. Don't, and expect to watch your dreams and goals die a slow agonizing death from indifference and lack of commitment.

With this said, let's move forward with a quick overview of *The Anatomy of Achievable Goals*. Here are the "high points" from the 3 weeks of TQ Commentaries on how to set and achieve truly inspiring goals.

WARNING!

Following our simple "Formulas for Success", you will find two example goals that are hugely important to me, along with the "script" that created them at [ThinkTQ.com/MyTQ/Goals](#). These may be goals that would be easy for you to achieve—or outrageously difficult to even think about.

These are MY goals... goals that meet the test of my personal Desirability and Believability. They are believable to me, simply because I have the confidence that I can and will achieve them. You, on the other hand, may find them so easy as to be insignificant... or so outside your realm of believability that you will think I am nuts for even trying to achieve them!

That's what makes this world so great! Everybody is entitled to their own version of life, liberty and the pursuit of happiness

IN FACT, WE'LL EVEN GIVE YOU THE FORMULAS FOR ACHIEVING IT!

QUICK OVERVIEW...

There are 4 simple, put profoundly important keys to setting Achievable Goals:

1. Make certain they are highly Desirable...
2. Make certain they are 100% Believable...
3. Make certain you have the Power at every point in time...
4. Remain CONNECTED to the Goal and COMMITTED to your Power...

I have attached two such goals from my personal dreams and goals pages:

- Custom Home overlooking the Rocky Mountains...
- Ski all the major resorts *this* year—not Someday maybe...

For both of these goals, I followed the online instructions, Googled the pictures that are most inspiring to me, and linked them to each element of the goal.

I went further and created the connection between my values and the big WHY I am even interested in the goal. In a way, each goal is a short story about my dream and what I will need to do to achieve it.

To give you the “Quick Big Picture” of the process, here’s the line of thinking, all laid out in sequence... cut and dried “Formulas for Success”. All you have to do is plug in your own variables, pictures and plans, and you are on your way.

As you may know, TQ is a measurement of your Time Quotient... your ability to produce Results over Time. Within your TQ are several very simple to understand ratios that help you instantly see how smart you are working... how well you are actually producing the Results you want... in the Time you have. You don’t have to be a math whiz to see that if you get fewer Results, and you take a lot of precious Time to produce them, that you won’t be nearly as successful as if you produced massive Results in a short Time frame.

$$TQ = \frac{\text{Results}}{\text{Time}}$$

**SIMPLY PUT, IMPROVE YOUR TQ AND YOU WILL
GET GREATER RESULTS IN FAR LESS TIME.**

$$\text{Success} = \frac{\text{Expected (R/T)}}{\text{Actual (R/T)}}$$

CONSISTENTLY GET THE RESULTS YOU EXPECT IN THE TIME YOU HAVE AND OVER TIME YOU WILL BE WILDLY SUCCESSFUL.

Before you even *think* about setting stretch goals, think about what I just said. If you have huge, highly motivational and inspiring goals, you will need a massive amount of Power to achieve them. You want to make 100% certain that your Actual Results over Time are greater than or equal to your Expected Results over Time.

If you Expect to build a dream house in 12 months, then the only question is, do you have the Power to do it. At the end of 12 months, you can compare your Actual Results to your Expected Results and see if you were Successful... or not.

Thus, your Success over Time is an integral function of your TQ, expressed simply as the 10 Colors of your Performance.

$$\text{Success} = \frac{\text{Expected (R/T)}}{\text{Actual (R/T)}} \int \left(\text{Pyramid Diagram} \right)$$

This is why it becomes difficult, if not impossible to achieve big Goals with low Power. If any of your Colors are low, you have LESS Power driving your performance—making it more difficult to actually achieve the Results Expected in the Time Expected.

However, when each of your 10 Color are burning brightly, you have *more* POWER driving your performance—making it easy to produce the Results Expected—in even *less* Time.

So, with this quick overview of how your TQ and 10 Colors impacts your ability to actually *achieve* your goals, let's look at a couple of basic drivers of highly Achievable Goals.

$$\text{Achievability} = \frac{\text{Desirability}}{\text{Believability}}$$

A GOLDEN RATIO...

As you think about each of your goals, two big questions come up: How Desirable are they... and how Believable are they to you? These are two critical questions that determine if you will actually ACHIEVE the goal in the time allotted—or not.

Obviously, you want BOTH, highly *Desirable* and highly *Believable* goals. Otherwise, why would you even want the goal to begin with?

$$\text{Desirability} = \text{Benefits} - \text{Costs}$$

As you are entering your goals into the system, do a quick Cost to Benefit analysis. Write down the big Benefits that you expect to get from achieving the goal. Look at your top 10 personal values. How many are directly included? What is the benefit of the benefit? Write it down! [Our system quickly walks you through the process.](#)

This may take you 20 minutes or 3 months to create a goal that embraces everything you value. Those goals are the best expression of your life well-lived.

Now, look at the real Costs involved in achieving the goal. Be as accurate as you can. Revisit your goal as the Costs become clear. Remember, all goals have Benefits... and all goals have Costs. Try to maintain a sense of balance as you enter both.

THE DIFFERENCE BETWEEN YOUR BENEFITS AND COSTS IS DESIRABILITY.

If your goal has high Costs and no Benefits—dump it. Why bother?

If your goal has fabulous Benefits and few real Costs—pursue it with passion.

If your goal has huge Benefits and tremendous Costs, make sure you have the ability to pay the Costs to obtain the Benefits.

This is important. Do not delude yourself. Goals with all Benefits and no Costs are a fantasy! They deserve to remain dreams and wishes—not objects upon which you expect to take action and expend your Power.

Believability = Power - Effort

Now, What Gives You The Right To Believe?

Believability in your dreams and goals is a function of how much Power you have vs. how much Effort it will take to make the goal real. If you have tremendous self confidence in yourself, knowing that you have achieved huge goals before, your Believability goes up. If you have no idea how much real Effort is involved, and even less confidence in your personal Power, Believability goes *down*.

When you enter your goals into the system, think about BOTH. If you don't currently have the Power, or realize that the goal will take far more Effort than you have to give, don't get discouraged.

All Great Goals Start Out This Way!

You can, and will, pick up the Power as you move closer to the goal. Boost your TQ and you will find the teams of people to help you... focus on what you CAN DO rather than what you CAN'T DO.

Low Power, low Effort goals are easy to achieve—but they may not be all that Desirable. High Power, high Effort goals may take you a lifetime to achieve. That is what I want you to recognize right here... right now.

I would never advise someone with low Power to stop dreaming about high Effort goals. Indeed, the opposite is true. I want you to [enter them into the system](#), and keep working on smaller and smaller segments of the goal.

That's what makes achieving stretch goals so enthralling, rewarding and just plain fun! Once you start thinking about your greatest goals, simply question their Achievability. Put them to this simple test.

$$\text{Achievability} = \frac{\text{Benefits} - \text{Costs}}{\text{Power} - \text{Effort}}$$

Have you thought about ALL the Benefits and ALL Costs. Have you thought about how much Power you currently have, and how much Effort it is going to take?

GREAT! YOU HAVE A FABULOUS HEAD START.

$$\text{Achievability} = \frac{\text{Benefits} - \text{Costs}}{\text{TQ} - \text{Effort}}$$

FINALLY...

To make sure that this discussion really sinks in, let's substitute the word Power for your TQ. As I said before, your TQ is a momentary measurement of your overall Power to achieve Results over Time. More specifically, your TQ is a reflection of your personal Power to achieve the RESULTS EXPECTED over TIME.

If you have huge world-changing EXPECTATIONS, you will need a TQ that is consistently in the high 90 plus range. Even small Expectations require Power to achieve—so a lower TQ may be more than enough.

If you are consistently failing to achieve your goals, update your TQ Test and see exactly where your Power is hot and where it's not.

$$\text{Achievability} = \frac{\text{Desirability}}{\text{ - \text{Effort}}$$

The simple heart of the matter is this: The Achievability of your Goals is based on their Desirability over how brightly each of your 10 Colors are burning—*minus* the Effort it will take to GUARANTEE total Believability in your Power.

There is no getting around this. If you want to actually ACHIEVE your goals—not just wish and wait for them to appear in your life—you will have to do the WORK.

Consistently perform such that you actually achieve your goals, and you develop the self confidence and inner-power to achieve even *greater* goals—and do it in far less Time than you ever thought possible.

WHICH LEADS ME TO A LIFE-CHANGING OBSERVATION.

As you enter your dreams and goals into the system, be sure that they meet the above “litmus test” for BOTH Desirability and Believability. You want to *live* your dreams... not just hope and wish for them to come true.

$$\text{Happiness} = \frac{\text{Success}}{\text{Time}} \int (\text{TQ})$$

YOUR HAPPINESS DEPENDS ON IT...

We started this discussion about your Goals and your TQ for a singular purpose: To help you ACHIEVE goals that will make you HAPPY.

No question, your Success over Time is an integral function of your TQ. Consistently produce Results that are highly *Desirable*, and you will find BOTH... Success and Happiness. Fail over and over... permit your Power to rot away... just how Happy would you be then?

That's right not very.

Your goals need to make you Happy while you are pursuing them—not just once they are attained. As you enter your personal dreams and goals, make sure the Desirability is so *overwhelming* that even if you come close you will declare yourself a whopping success!

When we built the [Dreams and Goals Section of ThinkTQ.com](#) we made sure that it would be easy for you to connect the dots from your Goal to your performance (TQ). This is such an important connection because, in a very real sense, your Happiness is an integral function of your [TQ Score](#).

$$\text{Happiness} \int (\text{TQ})$$

Consistently strive for Excellence in your life... consistently strive to improve your performance... and you will find Happiness all along the path to your goals. You will see it in your Energy. You will see it in your Attitude. You will see it in your Plans, your Organization and desire to take full control of your Time. You will naturally take bold Action rather than permit doubt to wear you down and wear you out.

YES, YOUR HAPPINESS AND TQ GO HAND-IN-HAND...

Happiness ∫ ()

HAPPINESS IS A FUNCTION OF HOW BRIGHTLY YOUR 10 COLORS ARE BURNING...

In keeping with this big overview of Achieving Goals, I would be remiss to not point out the obvious connection between your personal Color Power and your Happiness. Realize this as you craft your goals: To a large extent, they are one in the same.

No, it is not possible to talk about *achieving* your goals without talking about your *performance* as depicted by your Color Power. If you have created tremendously inspiring and highly motivating goals, you have made a great first step towards their achievement. In fact, that's what the [Set Goals Color](#) is all about.

However, keep in mind that we are not talking in “abstracts” here, but very much in “literals”. When each of your 10 Colors are burning brightly, you have more Power... simply because you have more Positives and fewer Negatives driving your performance at every point in time.

IT'S THE POSITIVES IN YOUR PERFORMANCE THAT MATTER.

The key to Success: More Positives... Fewer Negatives...

It's this simple. With one LESS Negative and one MORE Positive driving your performance, your power to produce RESULTS soars, making you a great deal more efficient, productive and effective. You ACHIEVE your Goals.

Proof? Which of these two people do you believe is on the fast-track to success? Which of these two people do you believe will *achieve* their Goals any time soon?

- Person A who is frequently seen as energetic, passionate, enthusiastic, self-directed, focused, supportive, systematic, timely and proactive?
- Person B who is frequently seen as drained, burned out, aimless, pessimistic, vague, unprepared, unfocused, critical, haphazard, late and hesitant?

Obviously, Person A is a vastly more productive, effective and successful—and HAPPY than Person B—simply because he or she chooses to take the Positive ACTIONS that put these Positive CHARACTERISTICS into their performance.

$$\text{TQ} = \frac{\text{Results}}{\text{Time}}$$

Clearly, if you improve the overall effectiveness of your performance, you will immediately improve your Power to produce Results over Time.

You will Achieve your most cherished dreams and Goals.

Don't, and you will spend the only life you have to live on things that simply don't matter... moving you down the path to regrets and recriminations.

YOU CAN LIVE YOUR DREAMS...

Make the connection between your Goals and your Performance, and you will Achieve a life of true Success and Happiness.

We have created the technology and tools to get you started... and keep you moving in the direction of your dreams and visions. Just review the construction of my two example goals and you will see exactly how to do it.

Your dreams can easily be patterned after the following examples. Don't be put off by how complicated my Goals are. They are VERY complex and will require tremendous POWER for me to achieve.

Start simple, follow the directions and have FUN! This is both fun and easy WORK... but setting Achievable Goals is WORK—the most IMPORTANT WORK of your life.

If you haven't yet, sign up for our [Success On Purpose](#) or [Miracle of the Goal TeleSeminars](#) where we will walk you through this exciting process... step-by-step. If you have questions after you review these two examples, listen to your [Set Goals Personal Workshop CD](#) again, and if you have [Full System Site Access](#), retest your [Set Goals Color](#) and follow the audio prompts.

These examples come from the [My TQ](#) menu option at ThinkTQ.com. Select the [My Dreams and Goals](#) item and follow the process to your heart's content!

My purpose in writing this little article is to give you both the big picture and the detail behind it. Setting Achievable Goals is the most powerful, worthwhile, exciting, wonderful, engaging and inspiring work you will ever do. Developing this skill is actually quite easy... and gets easier with practice.

IT WILL EVEN BECOME SECOND NATURE. I PROMISE!

INSTRUCTIONS...

On the following pages you will find 2 sets of print outs from the My Dreams and Goals section of ThinkTQ.com.

Carefully review what I have written below the pictures, and how I connect my values to my dreams.

Done well, your goals page should read like a story of your future life. It should contain enough detail so the reader—this means YOU—can clearly see the Benefits, Costs, Power and Effort it will take to achieve the goal.

If you are not familiar with HTML, do not attempt to embed code into the text boxes as I have done. For example, if you want to make something bold, the ``this will all be bold`` tags must be symmetrical—or everything from the ``tag will go bold throughout your document! Unless, of course, you close the tag with a ``.

We have given you the ability to Google images and put them into your goals pages. These are tremendously motivational reminders of what you want... and why.

I have also embedded image links directly into the text. Again, this requires an understanding of HTML. If you don't understand HTML, please don't be surprised if your page "blows up"!

For experts, be sure to set image widths to less than 390PX or you will overrun the page!

Finally, remember that setting Achievable Goals is a process. You will want to revisit your goals frequently, adding in details, specifications, costs, plans and changing your pictures at will.

This may all seem to be very involved. It is.

Setting *Achievable* Goals is a continuous process that requires you to think and requires you to work at it until you get it right.

However, this is EASY work and a lot of fun! If you find this process a burden, you have the wrong goals. Period.

Most worthwhile goals take years to achieve. And unless you keep them center-point in your heart and mind, you will never connect with them frequently enough to make them real.

REMEMBER, OUT OF SIGHT, OUT OF MIND!

By going through this simple process, you will never forget to remember. Your goals will be highly visible mileposts on your road to the life of your dreams.

ENJOY!



My Dream / Goal / Plan Status:

Custom Home With Fabulous Views

Date by which this dream should become a reality:

June 2007

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

As of today, October 10, 2006, you have 7 months remaining to complete this goal.

Major features and details surrounding this goal...



The most important consideration: 2 Acres with killer back range views, sunrise/sunset decks and a very livable floorplan. Must have the perfect lot for the world's largest privately owned garden rail road.

8,000 square feet finished with seperate guest quarters



Breathtaking views of front and back range.

\$2 million house (plus or minus) with property that is in a crisis sale position.

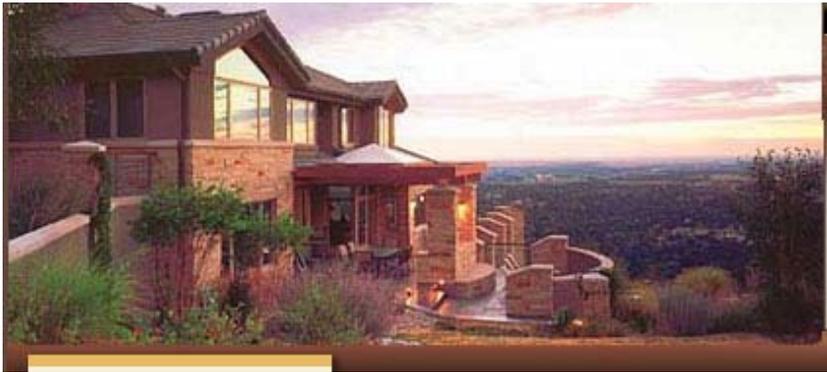
Rooms for our extensive art collections, train room, gym, theater and Bosendorfer concert grand piano.

Perfect home for entertaining large groups for charity.

Home on 2 levels exactly the way we want it.

Have separate quarters for care takers.

Fabulous outdoor spaces



Designed -- without compromise -- for exactly how we want to live out the next 25 years of our life.

Major rewards, benefits, and personal values this goal provides...



Personal Values: Freedom, Beauty, Comfort, Luxury, Complexity, Power, Giving, Love, Physical Challenge, Curiosity, Security, Tranquility



Fabulous place to live and play that will become our final resting place for the next 25 years.

Estate potential

A place that feels like home yet has the features of a 5 star hotel.

The big benefit is that we will have an unlimited range of behavioral opportunities for work, playing with trains and building the greatest garden rail road in the world.

The house must be designed for our use, but offer a new owner a reason to buy it, making this investment at least as good as owning stocks.

Expectation that the property will double in value in 15 years resulting in our living free while we are there.

Major costs, barriers, and requirements to achieve this goal...



Just "home" but with impressive street appeal!

\$900,000 in cash

Buying power to assume a very large mortgage: \$1-2 million

Monthly payment \$10,000/month

Staff for gardening and upkeep.

The single biggest requirement is that we can pay cash for it at any time so we can live free from worry. There's no point in owning something that worries you sick!

My Plan:



What are the major milestones for this goal?

1. Funding in place by 4/15/2007
2. Complete deal by 8/1/2007
3. Move in by 9/1/2007

Who are the top three people you can you get to help with this goal?

1. Jan
2. Kent
3. Mike

What are the top three major resources needed to obtain this goal?

1. \$900,000 in cash
2. Time to find perfect property/deal

3. Income to pay out \$10k/mo \$50k Moving Expenses

What major activities will this goal require?

1. Working SMARTER than ever before
2. Massive marketing and advertising done right
3. Expanding customer base to 2 million strong

What are your top three current priorities?

1. Change internal dynamics of sales processes
2. Raise money for The TQ Net: Friends helping friends achieve greater success
3. Expand ROI and start a series of target acquisitions

My Current Progress:

Gaining on it. (change)

My Current Performance:

TQ Score = **93** (as of 09/24/2006)
Weakest Color = **Make Plans** (8.25)
Factor Commitment = **1C**

What's Next?

This status page shows the details of your dream or goal, your current plan for achieving it, your progress, and your performance.

Print this page, and keep it where you can see it. Stay connected to your dreams... and committed to your performance!

- Update your dream / goal [details](#).
- Update your [plan](#) information.
- Update your current [progress](#).
- Make a [commitment](#) to your performance.
- Return to your list of [goals](#).





My Dream / Goal

Please enter your new dream or goal. Make it short, clear, and memorable.

If you want to turn your dream into a goal, start by entering a specific date (deadline) by which your goal should be achieved. 

See instructions below for adding image links and visual inspiration to your goals.

Category

The Goal

Deadline (mm/dd/yy)

Major features and details surrounding this goal...

Text

Image URL

Major rewards, benefits, and personal values this goal provides...

Text

Image URL

Major costs, barriers, and requirements to achieve this goal...

Text

Image URL

Creating Visual Inspiration...

To achieve each and every goal you set requires that you remain

emotionally and physically connected to the features and benefits behind it—as well as the personal values contained within it. (Why else would it be a goal of yours anyway? If it doesn't contain 5-6 of your core personal values, you might want to focus on goals that are truly IMPORTANT to you.)

An easy way to do this is to take some quality-time to paint a crystal-clear PICTURE of exactly what you want—a real-world example of precisely what your dream or goal looks like.

The Simple 4 Step Procedure...

Under the 3 entry blocks above, you will see a box to enter an Image Link.  The default links need to be replaced with your VISION... your PICTURE of what this particular goal looks like... in the REAL world.

This is VERY easy to do!

1. Google What you are looking for. Just click on the [Google Image Link](#) and enter what you are dreaming about such as:

350Z or Porsche Carrera or Cabin in the woods by a stream or Swiss Rail trip or Vail Ski trip or Carmel Mansion or new Sail Boat... Whatever your heart desires! It's amazing what you will see for even intangible goals like "world peace" or "become more holy".

2. Play around! Look at all the images that come up. Use your IMAGINATION to zoom in on an exact picture of your heart's desire.

You might find the perfect image the first time, or it might take you 20 or 30 pictures to get the exact image out of your heart and head, and in front of you. Try exotic searches like "Greek island cruise" to start heading to the Greek Isle before you even start packing!

3. Click on the image you want to associate with your goal. You will be taken to the web site that contains that image. You will see the image displayed in the upper left of Google. Here, you have a couple of options:

A. Click on the image to bring it up in a new window. Select the full URL from your browser, copy it and you may then paste it into one of the Image Link boxes back here on the TQ site.

B. Find the image on the page and on a Mac, click and hold -- then "Open Image in a New Window", on WIN, right-click and open the image in a New Window. Again, select the full URL from your browser, copy it and you may then paste it into one of the Image Link boxes here in the My TQ section.

So that the image looks good when it is printed or viewed, try to

find images that are around 350 to 400 pixels wide. Google shows the exact size beside the picture.

Note! Be sure to copy the full URL for that fabulous Greek Cruise, such as:

<http://www.magicaljourneys.com/Islands/cruisemykonos.jpg>

If you get a broken image icon instead of your dream photo, you probably clipped the beginning or end of the URL. Copy everything from the "http" at the front to the ".jpg" at the end.

4. Now you will have a picture of exactly what you want in front of you every time you review this goal. You will be connected to the real picture... not just a fuzzy mental picture of what your goal looks like.

Making it real...

Once you have mastered this elegant technique, you can Google to your heart's desire! In a very real sense you are making your dreams and visions TANGIBLE.

For each of your most cherished Someday Dreams, you should have at least 1 or 2 good snapshots of what your dream looks like... feels like... so you can dream in full-color rather than try to just *remember* what you are working towards. (Remember, out-of-sight... out-of-mind!)

Remember, once you have created Visual Inspiration, you need to set a DEADLINE for this dream's attainment. Because the difference between a dream and a goal is a deadline!

The complete process for doing this is covered in our [Miracle of The Goal TeleSeminar](#) where you learn many simple techniques for making your goal REAL... well BEFORE you achieve it.



If you have a good sense of mission and direction—but lack crystal-clear written GOALS, complete with tangible milestones and objectives on your 15 year Time Horizon—this seminar is for you!

Learn more about the [Miracle of The Goal TeleSeminar!](#)



My Dream / Goal / Plan Status:

Ski Loveland, Winter Park, Vail, Breck, Copper, Keystone And Aspen

Date by which this dream should become a reality:

April 2007

S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					



As of today, October 10, 2006, you have 6 months remaining to complete this goal.

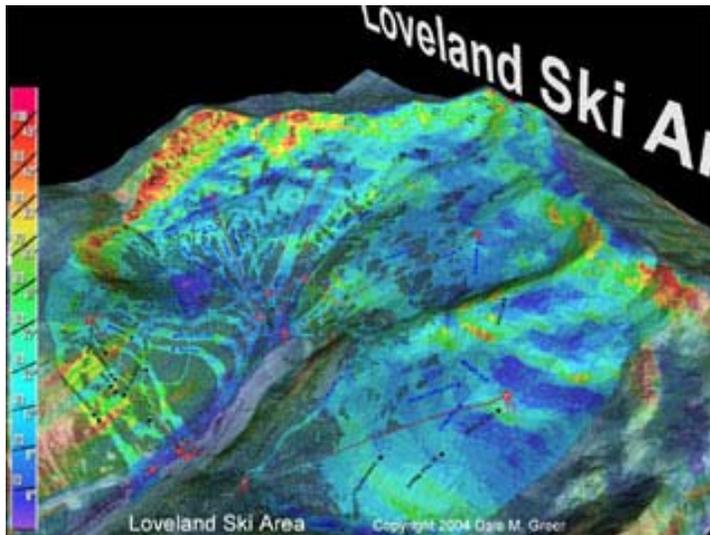
Major features and details surrounding this goal...



From December 2006 on I will be in ski condition and will do all the blue runs.

Living this adventure will be fun, challenging and rewarding to me personally. Jan will observe!

Major rewards, benefits, and personal values this goal provides...



Best shape of my life in the last 15 years!

Values: Freedom, beauty, challenge, adventure, the feeling of one with nature.

Major costs, barriers, and requirements to achieve this goal...



\$1500 cash, my legs MUST be in ski condition and my breathing at 100%

Physical conditioning is an absolute must

My Plan:

What are the major milestones for this goal?

1. weight = 220 by 11/30/06
2. legs able to do 30 min on treadmill at 4 w/ incline of 10 degrees
3. weekends free

Who are the top three people you can you get to help with this goal?

1. Mike
2. Kent
3. Jan

What are the top three major resources needed to obtain this goal?

1. \$500-700
2. Time
3. Free schedule

What major activities will this goal require?

1. Exercise / high energy foods with very low fat.
2. Travel
3. Drinking lots of water

What are your top three current priorities?

1. Weight = 230 by 9/30
2. Weight = 220 by 10/31
3. Weight = 210 by 12/31

My Current Progress:

Gaining on it. (change)

My Current Performance:

TQ Score = **93** (as of 09/24/2006)
Weakest Color = **Make Plans** (8.25)
Factor Commitment = **1C**

What's Next?

This status page shows the details of your dream or goal, your current plan for achieving it, your progress, and your performance.

Print this page, and keep it where you can see it. Stay connected to your dreams... and committed to your performance!

- Update your dream / goal **details**.
- Update your **plan** information.
- Update your current **progress**.
- Make a **commitment** to your performance.
- Return to your list of **goals**.



My Dream / Goal

Please enter your new dream or goal. Make it short, clear, and memorable.

If you want to turn your dream into a goal, start by entering a specific date (deadline) by which your goal should be achieved.

See instructions below for adding image links and visual inspiration to your goals.

Category

The Goal

Deadline (mm/dd/yy)

Major features and details surrounding this goal...

Text

Image URL

Major rewards, benefits, and personal values this goal provides...

Text

Image URL

Major costs, barriers, and requirements to achieve this goal...

Text

Image URL

Creating Visual Inspiration...

To achieve each and every goal you set requires that you remain