

8F FRAMEWORK

GOAL SETTING



+1.651.274.8796
 vince@beresolute.org
 www.beresolute.org/8F

4 TIPS FOR GOAL SETTING

- 1** Have a variety of terms (daily, weekly, monthly, annual)
- 2** Make them simple AND significant
- 3** Broadcast your goals (write, speak, share)
- 4** Focus on character, behavior, thoughts and actions

FAITH	1	
	2	
	3	
FAMILY	1	
	2	
	3	
FRIENDS	1	
	2	
	3	
FITNESS	1	
	2	
	3	
FOOD	1	
	2	
	3	
FUN	1	
	2	
	3	
FINANCES	1	
	2	
	3	
FUTURE	1	
	2	
	3	

FOR MORE ON GOAL SETTING, VISIT WWW.BERESOLUTE.ORG/8F