Elite Beauty Boss

Retreat

Goals, Milestones and Actions

Goals, Milestones and Actions

What is your five year vision?

What is your one year vision?

Mental & Physical Health (taking care of you)	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Body – Image, Weight, Exercise	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Personal Development	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Spiritual	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Relationships – Family, Friends, Significant, Other	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Career and Network – Business Community	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Financial	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Physical Space – Home Work Area	
GOAL ONE	
GOAL TWO	
GOAL THREE	

Recreation – Travel and Fun – Being Outdoors	
GOAL ONE	
GOAL TWO	
GOAL THREE	

MILESTONES, ACTIONS AND BY WHEN

Goals/Milestones/Actions Date _____

Mental and Physical Health		
GOAL ONE:		BY WHEN:
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GOAL TWO:		BY WHEN:
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GOAL THREE:		BY WHEN:
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Body		
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GOAL TWO:		BY WHEN:
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GOAL THREE:		BY WHEN:
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Personal Development		
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GOAL TWO:		BY WHEN:
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GOAL THREE:		BY WHEN:
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Spiritual		
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Relationships		
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Career		
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Financial		
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Physical Space

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GOAL TWO:		BY WHEN:
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Recreation and Fun		
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GOAL TWO:		BY WHEN:
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GOAL THREE:		BY WHEN:
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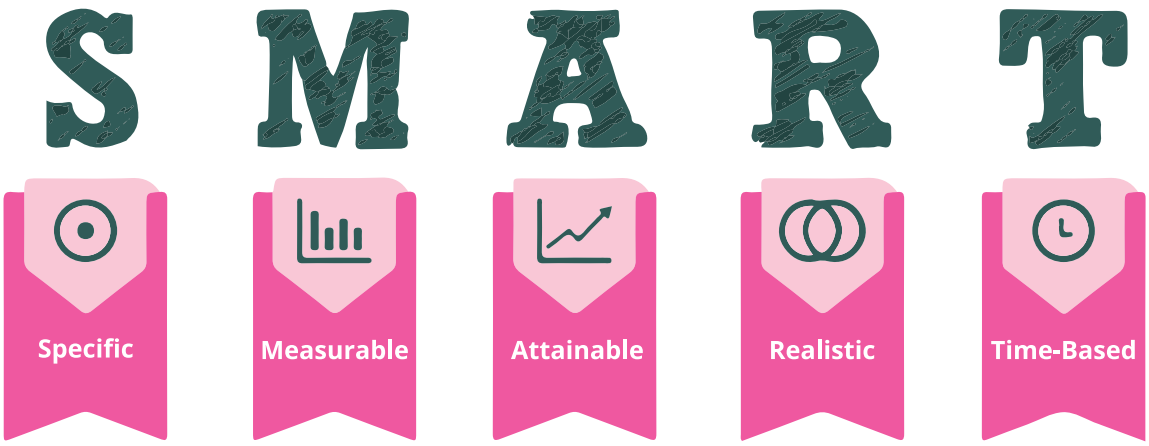
The SMART Model

The SMART Model outlines some simple guidelines that you can use for setting effective goals in the key areas of your life.



SMART stands for:

- **S** Simple/Specific: Keep your goal simple and focused, rather than wordy and vague. Be very specific about the outcome you want.
- **M** Measurable: How will you know when your goal has been reached? What will be different?
- **A** Attainable/Achievable: Does this goal inspire you? Is it exciting enough in both the long and short term?
- **R** Realistic: The goal must be achievable.
- **T** Time-Based: State your goal as if it's already been achieved. This trains the unconscious mind to accept the goal as real, which helps you to move more effectively towards it. Know when your goal will be realized.

Coaching Debrief

What will I do that will get in my way?

How will I fail?

What support do I need to help me win?