

DREAM BIG!

Goal setting that uses your strengths and vision to reach higher!



"Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon we must vigorously act."
- Pablo Picasso

This is a workbook to help you capture your dreams, recognize your strengths,* organize your thoughts, and build a plan with purpose. It's your plan - so own it, update it, change it, work with it however it makes sense for you.

Remember that when pursuing your goals, it's really the journey that is most important.

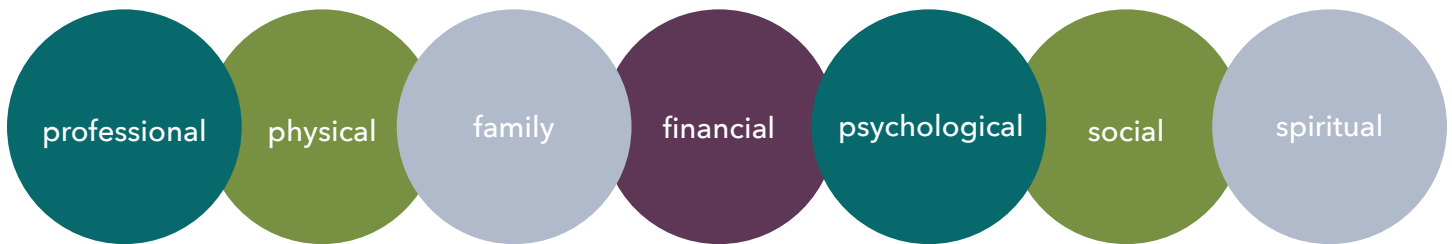
chris tieri

*I highly recommended taking the Gallup StrengthsFinder assessment to uncover your unique strengths to help you reach your goals. Write your Top 5 on the lines to the left.

REFLECTION

"Success is not final, failure is not fatal: it is the courage to continue that counts."
- WINSTON CHURCHILL

➔ Think about the many facets of your life over the past year.



➔ First, list all the successes, celebrations and positive breakthroughs you can think of.

Example: I changed jobs or was promoted; or I ran my first 5K.

Which strengths were at work during these accomplishments?

➔ Then, list any challenges, regrets or disappointments you can think of. Be honest!

Example: I didn't get the promotion I hoped for; I worked more weekends than I wanted to.

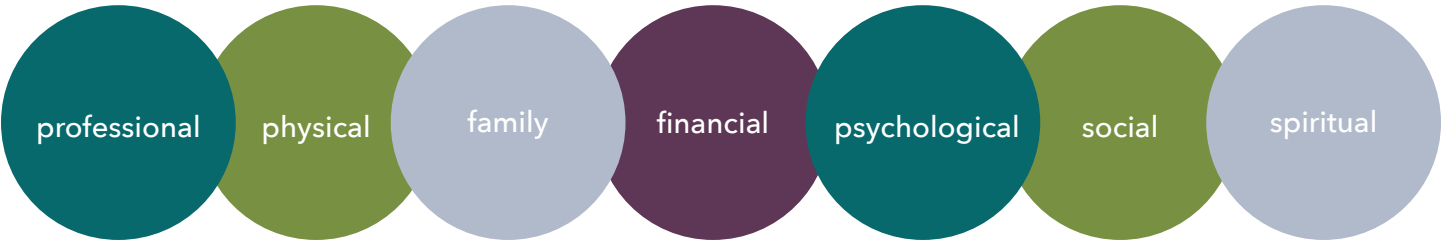
Which strengths could you have called upon to help you?

GOAL GATHERING

"If you want to be happy, set a goal that commands your thoughts, liberates your energy and inspires your hopes."

- ANDREW CARNEGIE

Identifying goals helps people direct their attention toward goal-related activities. Goals have the power to activate and energize; goals serve as a guidepost for decision making, keeping you on track, and on task. So, ask yourself: what are you hoping to achieve as a personally, professionally, as a leader...how do you hope to influence and make an impact on others?




➔ List all the goals that are top of mind whether they are personal, professional, financial, spiritual, or otherwise. This list is for your eyes only, so don't be afraid to write down big-hairy-audacious goals, small-but-meaningful goals, selfish or altruistic goals. Use reflections from the previous page to identify what energized you or what you might want to try again. Don't edit yourself, just dream big!

Copy this page if you need more space.

MAKING SMARTER GOALS

"A goal is a dream with a deadline."

- NAPOLEAN HILL


 Now, pick three goals. Choose one professional and one personal goal you'd like accomplish in the next few months. Then choose one "reach" goal – a bigger, long-term goal that would be a game-changer. This is a goal you'd be willing to invest your time in, little by little over the next year or two. Carefully describe how you will make these SMART goals.

Specific	Measurable	Achievable	Relevant	Time-Bound
Target a specific area for improvement using as much detail as possible.	Indicate the method of measurement; set expectations and quantify whenever possible.	Is the goal realistic, and how will it be accomplished successfully?	Is the goal meaningful and important; is it the right time to undertake?	When, realistically, can the result(s) be achieved? Sketch a timeline to go by.
PROFESSIONAL	PERSONAL	REACH		
Specific:				
Meassurable:				
Achievable				
Relevant:				
Time-bound:				

EXPLORING YOUR GOALS

"We can't become what we need to be by remaining what we are."

- OPRAH WINFREY

-  Bring your goals forth from the previous page, rewording as needed to further clarify. Add more detail by describing the purpose, effects and challenges that may come to light as you pursue your goals.

PROFESSIONAL

PERSONAL

REACH

1. What's in it for you, why do you want to reach this goal?

2. What would reaching this goal mean for the people around you, your audience: colleagues, clients, team, family, friends, etc?

3. List the strengths you think would be most beneficial to helping you reach your goals and how you might use them?

4. What are the obstacles (people, places, things, thinking) that might get in the way of you reaching your goals?

5. Now list the strengths you think can help you get past the obstacles, how will you put those strengths into motion?

ENVISIONING YOUR GOALS

"What you get by achieving your goals is not as important as what you become by achieving your goals."

- HENRY DAVID THOREAU

- ➔ Bring your goals forth from the previous page. Again, rewrite if needed to further clarify. Add even more detail to your goals, so you can really start painting the picture of your future vision. Take time with each of the goals and study it through your minds eye as you answer the questions.

PROFESSIONAL

PERSONAL

REACH

1. On the previous page, we asked "What's in it for you?" Now dig deeper and honestly answer, what is REALLY in it for you?" Which inner desire would this goal fulfill for you -remember, this book is for your eyes only.

2. Envision the future...what does success LOOK like? List adjectives to describe what the world sees once you've reached your goal.

3. Feel the future...what does success FEEL like? List adjectives to describe what you feel like as you have just reached your goal.


4. Build a success statement. In the first person, present tense, as if you've already accomplished the goal. Use the adjectives you've written above to formulate a success statement around each of these goals. Start with I am...

I am	I am	I am

GOALS-IN-ACTION

"The secret of getting ahead is getting started. The secret of getting started is breaking your complex, overwhelming tasks into small manageable tasks, and then starting on the first one."

- MARK TWAIN

 Write your goals big on this page so you will have them in front of you. Now identify specific action steps and the unique strengths needed to help you move forward in reaching your goals. Take notes about what you notice. Copy this sheet to capture every week.

PROFESSIONAL	PERSONAL	REACH/OTHER

Action items I commit to taking this week:

WEEK OF: / / What do I notice? How are things going?:

List the important activities I can do next week to keep the momentum going?

Mark down which strengths are helping you with each of the steps towards your goals?



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With a passion for creative problem solving, Chris Tieri helps businesses and their leaders transform their brands from ordinary to extraordinary. As a brand strategy consultant and Gallup Certified Strengths Coach, Chris brings clarity to her clients' visions for the future. Whether facilitating a brand discovery workshop to uncover a brand's unique DNA, or helping dynamic leaders uncover their superpower, Chris insists on a collaborative approach to ensure total ownership from those she works with. With years of expertise in cultivating authentic brands, Chris helps her clients build business and leadership brands that stand-out in today's competitive and ever-changing business universe.

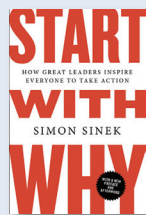
Prior to selling her company, Chris was President of Idea Agency, a brand and marketing firm she founded and ran for nearly 25 years. Before launching her agency, Chris cut her teeth in New York City where she worked on global brands such as The World Gold Council, SONY, Sambuca, Guldens Mustard, Lysol and other household names.

Currently, Chris enjoys coaching, consulting and speaking on business and personal brand development, aside from her certification as a Gallup Strengths Coach she is also a member of the National Speakers Association

INSPIRATIONAL RESOURCES



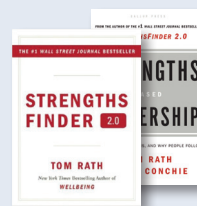
Pick Four – updated from Zig Ziglar's The Performance Planner, curated by Seth Godin



Start with Why – by Simon Sinek. Also see his TED talk and website: StartWithWhy.com



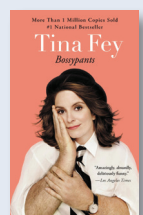
Lean In – by Sheryl Sandberg. Also see her TED talk and website: LeanIn.org



Strengths Finder 2.0 & Strengths Based Leadership by Tom Rath & Barry Conchie from Gallup Press: StrengthsFinder.com



What to Do When it's Your Turn plus Linchpin, Tribes, The Dip, Purple Cow (and anything else) – by Seth Godin



Bossypants – by Tina Fey. Just because.