

# Outcome Goal

**Set & forget.** A simple sentence describing the big, inevitable result.

<b>Knowledge Needed (Rider)</b> <i>One-time To Do items</i>	<b>Emotional Driver (Elephant)</b> <i>Result from 5 Whys exercise</i>	<b>Stuff in Your Way (Path)</b> <i>And what you will do about it</i>
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# Performance Goals

**Work up to this.** 1-3 milestones needed to achieve your Outcome Goal that happen in a certain time frame. Once a month, adjust these to match *realistic* Process Goals.

#1	#2	#3
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# Process Goals

**Your primary, daily focus.** 1-3 actions that will build your abilities over time toward your milestones.

For Performance Goal #1	For Performance Goal #2	For Performance Goal #3
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# Keystone Habit

A foundational habit that makes everything easier and better. (i.e. Meditation, journaling, walking in nature, etc.)