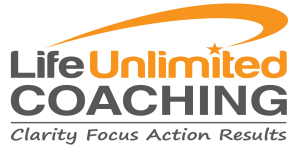


<p>List at least “Three things I want most out of running”.</p>	<p>List at least “Three things I would like to experience in my running lifetime.”</p>	<p>List at least “Three things that I believe make me unique.”</p>	<p>List at least “Three positive actions / improvements I can make in the next two weeks.”</p>
<p>What are the physical / personal / emotional successes you really want from running?</p>	<p>What would you like the ultimate benefits to yourself and others to be as a result of your contribution to running?</p>	<p>What are your gifts?</p>	<p>Complete the statement starting “I can...”</p>



I will _____ using my
 _____ to accomplish,
 _____ and in doing so also achieve
 _____.

BHAG Goal – Big Hairy Amazing Goal	
Performance Goal -	Learning Goal -
MINIMUM (What is the minimum I will do?)	
Performance Goal -	Learning Goal -
TARGET (What is a realistic stretch for me to achieve?)	
Performance Goal -	Learning Goal -
OUTRAGEOUS! (What is the most outrageous, amazing or ideal goal I would like to achieve?)	
Performance Goal -	Learning Goal -
CELEBRATE – (What will I do to celebrate my achievement?)	

Call Jeff now to schedule your Discover Work That Makes You Truly Come Alive Consultation!