



Unless we are actively getting better, we are passively getting worse. We have to be committed to personal growth, be intentional about it, and have the courage to do the hard things.

*Adapted from Lyle Wells, The Five Day Leader*

## Set Your Goals

**Step 1:** Set Your Goals. This conference is a chance for you to refresh, reset, and revitalize YOU. Set a few goals now for the next three days. As you attend various sessions and learn new things continue to put more goals on to this list to take what you learn and put it into action.

Goal	Well-Being	Professional	Personal
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Get Specific

**Step 2:** Dive in and get specific. What are the steps that will get you there? What are the progress points? When do you want to reach certain outcomes?

**Goal #1:**

How to get there	Progress Points	Notes
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•		
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## Goal #2:

How to get there	Progress Points <small>(add target dates for a higher chance of success)</small>	Notes
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## Goal #3:

How to get there	Progress Points <small>(add target dates for a higher chance of success)</small>	Notes
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## Take Action

**Step 3.** Make a to-do list. What are the immediate and specific tasks to get you started? Are there meetings to schedule? Do you need to setup processes? Time block on your calendar? Repeat this step as you cross-off tasks, to keep you moving forward!

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*“By recording your dreams and goals on paper, you set in motion the process of becoming the person you most want to be. Put your future in good hands – your own.” –Mark Victor Hansen*