

The Goal Setting Guinea Pig Challenge

Exclusive for the Plus1Daily Facebook Group

by Jon Olson

Step 1 - Over the next 14 days (2 weeks) write down your top 10 goals that you wish to achieve over the next year. It's very important to not cheat and look at what you wrote down the previous day. We want to find out and dig deep...What our big goals are!

Examples could be;

- *I will grow my subscriber list by 50 new people*
- *I will add 50% to my monthly income*

(Bonus tip: Go to WalMart or Staples and purchase an inexpensive journal. This will help you have your goals close to you while we work on this challenge. Loose paper is a no-no! Invest a few bucks in a small journal to help guide you and keep you on track!)

Step 2 - After the 14 days, we are going to look at what goals appeared in our Top 3 the most. When we find the recurring goals that always showed up top, we've targeted where we need to focus over the next few months...

Step 3 - We get to work! We develop a plan to attack each goal and draft daily strategies that will get us to those goals. Everything else, we leave be. If we are not moving towards those 3 goals each and every day, we get back on track!

Why will this work?

We spend the first 2 weeks finding our 'reasons why'. We narrow it down to a science exactly what we want the MOST from our business.

After we found our reasons why, we focus. We don't let anything get in our way and we start our daily tasks to achieve success.

This works, and how do I know...Because I've been writing goals down myself for the better part of a decade. 80% of the time I write down a goal that I want to hit in a week, month or year...I reach it!

Try it out, become a guinea pig for goal setting yourself and let's see what we can achieve together!