

# R.E.D. GOAL

Create 30-60-90-day goals that will move you toward your million-dollar life

What is the overall result you'll have when you have your million-dollar life?  
What is the model that will create that result?

What is something you want that is on the way to your million-dollar life?  
What is the result you will get in the next 30, 60 or 90 days related to that?

Write your R.E.D. goal related to your result.  
What is your Realistic goal? Your Expansive goal? Your Delusional goal?

A Realistic goal is one that is similar to something you've achieved before. It's highly probable.  
An Expansive goal is one that is possible, but doesn't seem likely. It's just outside your comfort zone.  
A Delusional goal is impossible. It's WAY outside your comfort zone. You don't know how (yet).

Realistic Goal:

Expansive Goal:

Delusional Goal:

What will you do this week to move closer to your goals?  
What win will you celebrate?

Create a model with the result you'll have at the end of the week, the actions you'll take, how you will feel to create those actions and what you will believe.

# GOAL SETTING PROMPTS

Prompts to help you to uncover what you want if struggling with goal setting

**First decide what you want. Circle the one that you want the most and write why.  
What about this goal resonates with you the most at your deepest level?**

1. I want to grow
  2. I want to maintain
  3. I want to retract
- Why?

**Answer these questions (in your journal) with respect to the option you circled:**

What? What parts of your business do you want to grow, maintain, retract? What does that look like?

Who? Who do you want to reach? Who do you want to become?

When? When is the deadline to achieve this new state?

Where? Where is the end point of the destination? What are the coordinates? What is the gap between here and there?

Why? What are your reasons? What will fuel you to the destination? What will you anchor in when you second guess?

How? How do you want it to look? How do you want to get there?

Remember to go below the surface layer by asking more questions like why, what about that is important, etc.

**Write how you will measure it, how you will evaluate it and how you will decide what to change. How often will you measure, evaluate, modify?**

**Here are some additional questions to explore**

What are the obstacles that could keep you from achieving the goal(s)?

What resources, knowledge, skill sets, etc. that you have?

What additional resources, knowledge, skill sets, etc. will you need?

What don't you know right now?

What can you do about this? Where can you go? Who can you ask? How can you figure it out?

What is your commitment level? Non-negotiable? Will try? Hopeful? Would be nice? No doubt about it?