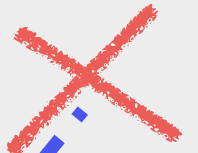


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Rapid Results

Resolution Map

Double your motivation • Stick to your resolution • Make an Impact



Start your year off right with exciting goals you'll stick to. Use this worksheet to create and clarify your goals *and build the step-by-step roadmap* to make follow-through easy, all year long. Use this worksheet with [The Catalyst Technique article & video](#) (click to go to the article).

1: Your Goals

These can be anything: health, fitness, finances, self-development, relationship, career
Circle the most important one in each category.

What do you want to accomplish **this year**?

1. _____
2. _____
3. _____

What do you want to achieve in **6 months**?

1. _____
2. _____
3. _____

What results do you want in **3 months**?

1. _____
2. _____
3. _____

2: ID Catalysts

With each goal your circled, ask yourself these questions until you can go no further. Circle the last one. See [this example](#) for ideas (Steps 2-3).

What will having this do for you?

What is important about this to you?

How will this improve your life?

3: Brainstorm

Using what you circled, write as many activities as possible that make you feel this way. See [this example](#) for ideas.

How can you do/be/have this?

What can you do or be to have this?

What are you doing when you feel this?




Which of your *Brainstorming Ideas* seems most doable to you right now? Pick one for each to apply [The Overload > Load > Deload Method](#) to building momentum and results that last.

The following will give you **only focus for the new year**. Overwhelming yourself with doing too much will only result in failure. Instead, **commit to your 4% and nothing else** for the next 7-14 days. Only when they feel easy part of your normal, everyday life will you come back to this work and create your next 4%. Feel free to adjust your 4% as you go along if needed. And so on.

Starting with these 4% *easy wins* NOW insures you follow-through, builds confidence, and most importantly, the habit of success. Your next 4% may be bigger because you are now capable of handling it, ensuring steady, step-by-step results all year long.

Your Focus

From your Brainstorming, on the previous page, enter the three doable things you know you'll do here. The simpler, the better.

1.	<hr/>		<hr/>
2.	<hr/>		<hr/>
3.	<hr/>		<hr/>

Your 4% Sweet Spots

What is the simplest trigger needed to perform this behavior? It should be quick & easy-to-do. See [this example](#) for ideas.

Now, share your 4%'s publicly to ensure you follow-through. Research shows that public means progress. [Click here and share your 4% sweet spots.](#)