

THIBAUT MEURISSE

THE 1 GOAL

MASTER THE ART OF GOAL SETTING,
WIN YOUR INNER BATTLES AND
ACHIEVE EXCEPTIONAL RESULTS

The One Goal

Master the Art of Goal Setting, Win Your Inner Battles, and Achieve Your Most Exciting Goal

STEP-BY-STEP WORKBOOK

People are not lazy. They simply have impotent goals – that is, goals that do not inspire them. – Tony Robbins

Thanks again for purchasing my book. I really want you to succeed and to get as much as you can from it. Please make sure you use this workbook alongside the book. In the end, your commitment is what will determine how much you get out of this book. I encourage you print out this workbook to make it easier to refer to it as you are reading the book. Also, writing down your answers using a pen is more powerful than just typing on your computer.

If you haven't been through my first book on goal setting, *Goal Setting: The Ultimate Guide To Achieving Goals That Truly Excite You*. I encourage you to check it out. *The One Goal* is a more advanced guide on goal setting. For optimal results, I encourage you to get my first book on goal setting. You can learn more about it [here](http://whatispersonaldevelopment.org).

Finally, for maximum effectiveness, make sure you watch the videos I'll send you in the coming days.

Before we get started, I would like you to spend a few minutes to answer the following questions. It will give you an idea of how good you are at setting goals.

I. ASSESSING YOUR GOAL SETTING SKILLS

1. Do you have a list of written goals? If yes, how often do you look at it? Y / N

2. How often do you set goals? (Daily/weekly/once a year when you make your new resolutions?)
I set goals daily / weekly / monthly / once a year / other:

3. On a scale of 0 (no results) to 10 (great results) how good have you been in the past at generating the results you want?

0

10

4. Do you have a clear written plan describing how you will achieve your goals? Y / N

5. Do you have a system that allows you to remain accountable? (Accountability partner, coach etc.) Y / N

6. On a scale of 0 (never) to 10 (multiple times a day) how often do you think of your goals

0

10

7. On a scale of 0 (never) to 10 (very often), how often do you break your promises to other people (I.e. saying YES to something knowing you aren't going to do it, or not doing it for whatever reason)

0

10

8. On a scale of 0 (never) to 10 (very often), how often do you break your promises to yourself (promising yourself you'll do something but ending up not doing it)

0

10

9. Do you visualize your goals regularly? Y / N

10. Do you share your goals with other people? Y / N

11. Do you reward yourself for making progress on your goal? Y / N

12. On a scale of 0 (not true at all) to 10 (absolutely true) how true would you say is the following statement: I have a lot of knowledge but I don't apply it as much as I should in my life?

0

10

Check out the section "survey explanation" at the end of this workbook for detailed explanations.

II. CLARIFYING YOUR GOALS

1. Getting Cristal Clear

Assuming you could have absolutely anything you want in life, what goals would you set?

Write down below **WHAT YOU REALLY WANT**. To help you try answering the following questions first.

1. If all your family and friends were dead (and you had no social pressure) what would you do with your life?
2. What is it that you want but that you've talked yourself out of because it didn't seem "realistic"?
3. What is it that is really exciting you and that you can't wait to make happen in your life?

Now imagine that you could have absolutely anything you want in life? What would that be?

Feel free to jot down any goals or dreams you have on a separate sheet of paper before writing them down below.

What I really want:

-
-
-
-
-
-
-
-
-
-

2. Selecting your ONE goal

If a genie coming out of a bottle told you that you could achieve one of these goals, but only ONE, in the next 24 hours, which one would that be? Circle it.

Your ONE exciting goal:

3. Chunking down your exciting goal

Now that you've selected your goal, we are going to chunk it down into manageable and specific tasks using the S.M.A.R.T goals methodology

SMART stands for:

- **Specific:** What exactly do you want? What are you trying to achieve?
- **Measurable:** Can you easily assess the progress towards your goal? How will you know if you've achieved it or not?
- **Achievable:** Is it achievable? Is the timeframe realistic? Can you put in the effort required despite other responsibilities?
- **Relevant:** Is it in line with your values? Is it exciting you?
- **Time-bound:** Do you have a clear deadline for your goals?

Write down your yearly, quarterly and monthly goal.

My SMART Yearly goal:

My SMART 90-day goal:

My SMART Monthly goal

4. Clarifying your why

Let's forget about the how for now and focus on your why instead.

Why is that goal important to you? How do you want that goal to make you feel?

Write down your answers below

5. Aligning your goal with your core values

What are your core values? (I.e. things that matter the most to you in your life)

Ex: integrity, freedom, family, courage, contribution

-
-
-
-
-

What emotional benefit are you after? (I.e. how achieving that goal will make you feel?)

Is your goal in line with your core values? In what way is it an expression of who you are/who you want to be?

III. CREATING AN EXTRAORDINARY MINDSET

1. Believing in yourself

Let's be honest. On a scale of 0 to 10, how confident are you that you will achieve the one monthly goal that you just set in the next 30 days?

0

10

If your answer is less than 7 or 8 out of 10, you might have to reevaluate your goals. Don't worry. We'll also work on strengthening your belief and your mindset in the coming sections.

2. Creating your goal-related identity

How will you introduce yourself and your exciting goal to someone you've just met? Use the page « GOAL IDENTITY » at the very end of this workbook to write down your powerful elevator pitch.

3. Aligning yourself with reality and facing the truth

What is one goal that you wanted to achieve in the past but didn't?

According to you, what are the reasons why you failed to achieve that goal?

-
-
-

What could have you done differently to help you achieve that goal?

-
-
-

4. Mastering the art of extreme perseverance

Your worse cases scenarios:

-
-
-

What would make you give up on your goals?

Examples:

- If I made absolutely no money after a year working on my online business
- If I didn't sell at least X copies of my book within 6 months

What would make you give up on your goal:

-
-
-

5. Creating a bullet-proof timeline

Write down your personal bullet proof timeline using the accountability pledge below

ACCOUNTABILITY PLEDGE

I declare hereby that:

I will keep working on my SMART goal until / / 20

My SMART goal is:

I will commit to master the 5 Commandments of the Mastery Mindset

1. Applying what I learn
2. Falling in love with repetition
3. Focusing on one thing at a time
4. Mastering the fundamentals
5. Having the long-term in mind

Concretely:

- I will avoid the following trap:
 - Pursuing a different opportunity because it sounds more attractive
 - Giving up when I don't get the results I want short-term
- I will remind myself:
 - That I have time
 - That I must take action on what I learn
 - That it is what I do every day that truly matters not the short-term results

Your name: _____

Today's date: _____

Your accountability partner name: _____

Today's date: _____

6. Focusing on the process

Now, let's turn your result-oriented goal into process-oriented goal. Write down your current goal and your process-oriented goal you will work on to achieve that goal.

Your current goal:

Your process-oriented goal:

IV. MASTERING THE ART OF FOCUSING ON YOUR GOALS

1. Adopting the mastery mindset

As a means to bring awareness on your current mindset, rate yourself on a scale of 0 to 10 for each of the following

Applying what I learn

0 10

Falling in love with repetition

0 10

Focusing on one thing at a time

0 10

Mastering the fundamentals

0 10

Having the long-term in mind

0 10

2. Resources vs. resourcefulness

What skills that, if you could further develop, would help you the most with your goals?

Ex: self-discipline, perseverance, self-esteem, communication skills...

-
-
-

3. Adopting deliberate practice

What kind of deliberate practice will you adopt to help you achieve your exciting goal?

Skills you want to develop:

-
-
-

Specific aspects you need to work on:

-
-
-

Practice you will adopt:

-
-
-

4. Exposing your distractions

Fill in the table below with the goal-related activities you did in the last 7 days. Be honest with yourself. On the scale of 0 to 10 rate how each activity contributed to your goal. Then, write down in the right column whether you could have spend your time on more effective tasks instead.

My goal-related activities	Effective-ness (0 to 10)	More effective tasks

V. BECOMING OBSESSED WITH YOUR GOALS

1. Creating a list of goals

Create a list of goals using the related worksheet “How to create a list of goals” at the end of this workbook

2. Looking at your goals as often as possible

How will you ensure that you look at your goal every day?

Write down your answer below (ex: put it on my desk, on the wall...)

3. Thinking of your goals as often as possible

How will you ensure you spend time thinking of your goal every day?

Ex: I will read it out loud, I will write it down. I will spend a few minutes visualize it and how it makes me feel.

VI. CREATING DAILY HABITS TO SUPPORT YOUR GOALS

1. Defining your core daily task

Write down your core daily tasks that will help you achieve your goal (up to 3).

The following questions will help you identify your core tasks: if you focus on these core tasks every single day will you achieve your goal? Your core task can also be the deliberate practice you previously came up with

Your core task(s):

-
-
-

2. Creating a morning ritual

Use the space below to create your own morning ritual

-
-
-
-
-
-
-

VII. REDESIGNING YOUR ENVIRONMENT

How can you spend more time with people that will support your goal?

Write one thing you will do.

Ex: I will spend less time with my negative friends.

How can you create a more positive environment that will motivate you to work on your goal? Write one thing you will do.

Ex: I will spend 10 minutes every day writing inspirational materials

How can you optimize your current environment to make it easier for you to work on your goal? Write one thing you will do.

Ex: I will remove everything from my desk when I work to avoid any distraction

VIII. REDUCING THE LEARNING CURVE

1. Achieving your goal faster

Use the free space below or a separate piece of paper and write down all the things you could do to achieve your goal faster. Below are a few questions to guide you:

- What proven method could you use to help you achieve your goals faster?
- Who already has achieved what you are trying to achieve?
- What bold action could I take to achieve my goals faster?
- What would I do to achieve my goal if I had unlimited confidence in myself?

2. Failing forward

What you could do start doing today to help you with your goals, but that you don't feel ready to do?

3. Using commitment to build momentum

Now, based on the answers you gave in the previous section “failing forward” let’s create together a plan that will move you forward using the principle of commitment and consistency. What commitments will you use to keep moving forward?

Your plan of action:

IX. STAYING ON TRACK WITH YOUR GOALS

1. Creating accountability

How will you create more accountability in your life?

Ex: having an accountability partner, using a specific app, hiring a coach etc.

Your accountability method:

** Refer to the accountability checklist to help you make the most out of your accountability partner*

2. Tracking your goals

It is important to keep track of your progress as you are working towards your goals. You may want to review your progress at the end of every week or twice a month. It is up to you to experiment with different systems and to design a tracking system that works for you.

Write down below how exactly you will track your goals:

X. MASTERING MOTIVATION

How will you use your emotions to motivate you to keep working on your goal?

Pain

What will be the most painful consequences of not achieving your goals?

Ex: living a life of regret, the pain of knowing what I can do better with my life, the pain of disappointing my love ones.

Your pain motivator(s):

-
-
-

Ego

How can you use your ego to feel motivated to work on your goals?

Ex: I want to prove that person wrong, I want my parents to be proud of me, I want people to see how great I am

Your ego-based motivator(s):

-
-
-

Momentum

What will you do to just get started on a task when you don't feel like it? (Ex: sit on my desk, open the word file and start typing for 5 minutes)

**Additional tip: visualize yourself working on the task and completing it and imagine how it would make you feel*

Pleasure

What are the most exciting benefits that your goal will provide you?

Ex: I will make a living doing what I love, I'll have more free time to spend with my family, I will feel more confident and proud of myself

Pleasure motivator(s):

-
-
-

HOW TO CREATE A LIST OF GOALS

1. Use the SMART goals methodology

Whenever you set goals you want to make sure that you use the SMART goals methodology. Let me remind it to you:

SMART stands for:

- **Specific:** What exactly do you want? What are you trying to achieve?
- **Measurable:** Can you easily assess the progress towards your goal? How will you know if you've achieved it or not?
- **Achievable:** Is it achievable? Is the timeframe realistic? Can you put in the effort required despite other responsibilities?
- **Relevant:** Is it in line with your values? Is it exciting you?
- **Time-bound:** Do you have a clear deadline for your goals?

2. Write your list of goals using the following format: I'll easily.... Or I am

Now that you have your list of goals you can write each one of your goals using either "I'll easily" or the present tense "I + verb ". An example of a SMART goal using that formula would be:

- I'll easily publish an amazing book on goal setting by December 31st 2017
- I'll easily lose 15 pounds by October 31st 2017

You can even be more specific. The more specific the better. If you are learning Japanese for instance your goal could be:

- I'll easily have a 15 minutes conversation in Japanese with my friend Kei talking about my travelling experiences in Japan (what I

liked/didn't liked, episodes that happened to me etc.) by July 31st 2017

Additional tip when you read your list of goals:

When you read out your list of goals you don't want to read it mechanically, you want to make sure that these goals are exciting you. In order to do that, you want to add a strong why to each of these goals

For instance:

- I'll will easily publish my book on goal setting and help thousands of people all around the world to achieve their most exciting goals and create an extraordinary life
- I'll easily lose 15 pounds feeling incredibly healthy, full of vitality and feeling great about myself
- I'll easily have an amazing 15 minutes conversation in Japanese with my friend Kei while feeling proud of myself for speaking Japanese so well

ACCOUNTABILITY PARTNER CHECKLIST

To ensure that you stay on track with your goals I encourage you to work together with an accountability partner. Below is a guideline you can use when you contact your accountability partner.

Contact your accountability partner and tell him or her:

- **What your SMART goals exactly is**
 - What exactly do you want to accomplish exactly and by when? What is your bullet proof-timeline?
- **What you commit to**
 - What exactly do you commit to do? Will you send your accountability partner a list of goals every week? Every month? Clearly state orally what you commit to do.
- **Why it matters to you**
 - What is your why? What will be the consequences if you don't achieve that goal?
- **How you'll communicate your progress**
 - Will you be using emails, phone calls, real meeting?
 - How often will you communicate your progress?
- **What will happen if you succeed/fail**
 - What will be the reward?
 - What will be the punishment? - Will you give money to your partner or will you give money to an associating going against your value etc.

Additional tip: send your monthly, quarterly and yearly SMART goals (along with your ultimate goal) to your accountability partner.

Key point: Make sure that you are as specific as possible and that your partner is someone who understands the importance of your goal and takes it seriously. Obviously, the more disciplined your partner is the better.

YOUR GOAL IDENTITY

Write down how you'll introduce yourself and your goals to someone you've just met, if you were absolutely confident in your ability to achieve it. Think of it as an exercise where you want to **make that person believe in your goal.**

Read it and practice is on a regular basis until it becomes part of who you are.

Your goal identity:

I. GOAL SETTING SKILLS – Survey explanations

1. Do you have a list of written goals? If yes, how often do you look at it? Y / N

→ The simple fact of writing down your goals help you clarify your goals and make them more tangible. You have now a target you can aim at rather than some vague goals in your mind.

2. How often do you set goals? (Daily/weekly/once a year when you make your new resolutions?)

→ The more often you set goals, the more likely you are to make progress. Indeed, as you set goals regularly, you are forced to chunk down your big goals into small actionable tasks that can be complete in a short period of time.

3. On a scale of 0 (no results) to 10 (great results) how good have you been in the past at generating the results you want?

→ If you have failed to achieve most of your goals in the past, it means that you probably haven't a clear and effecting goal setting method. This book will help you with that.

4. Do you have a clear written plan describing how you will achieve your goals? Y / N

→ People who have a clear written plan are more likely to achieve their goals which doesn't come as much of a surprise. Having a plan in your mind is not enough.

5. Do you have a system that allows you to remain accountable? (Accountability partner, coach etc.) Y / N

→ With no accountability it is very easy to fall off track (even if you are very disciplined)

6. On a scale of 0 (never) to 10 (multiple times a day) how often do

you think of your goals

→ We tend to attract that we think of most of the time. The more time you spend thinking of your goal, the more likely you are to achieve it providing you take the necessary action. Without a proper habit of thinking of your goal on a regular basis, it is very easy to forget about it. Last think you know, this goal you were excited about is gone.

7. On a scale of 0 (never) to 10 (very often), how often do you break your promises to other people (I.e. saying YES to something knowing you aren't going to do it, or not doing it for whatever reason)

→ If you often break the promises you make to others it means that the words you say have little power. If your words have little power, then how can you trust yourself to achieve your own personal goals, which aren't much different from promises you make to other people. What's the point setting goals if you know you aren't going to do anything about it.

8. On a scale of 0 (never) to 10 (very often), how often do you break your promises to yourself (promising yourself you'll do something but ending up not doing it)

→ Same as above. If you never do what you say you are going to do, setting goals won't be very effective.

9. Do you visualize your goals regularly? Y / N

→ Visualization can be very effective. It's how many world-class athletes or chessplayer practice. The more you can visualize your goal with clarity and make it as real as possible, the more you start believing that this goal is possible. As your beliefs changes, your behavior and your actions will also change helping you achieve your goals.

10. Do you share your goals with other people? Y / N

→ Sharing your goals is a great way to create accountability. It means that you are willing to put skin in the game by committing to your goal.

However, sharing your goal isn't the same as talking about your goal all the time. A general rule of thumb is that the more we talk the less we do. The more you talk about your goal, the more you feel like you are doing something about it which may prevent you from taking further actions. Be careful!

11. Do you reward yourself for making progress on your goal? Y / N

→ Rewarding yourself is a great way to give you an extra boost of motivation. You don't necessarily have to reward yourself when you achieve a goal, you can reward yourself for taking the right action like following through a certain daily habit, or doing something you know you should do even if you didn't get the results expected. Taking what you know is the right action is in itself a positive action that needs to be reinforced. Rewarding yourself for that is a great way to do it.

12. On a scale of 0 (not true at all) to 10 (absolutely true) how true would you say is the following statement: I have a lot of knowledge but I don't apply it as much as I should in my life?

→ One of the main reasons why many people only achieve a fraction of what they are capable of is simply because they aren't taking enough action. For instance, reading 100 books every year doesn't guarantee any result if none of the knowledge contained in these books is followed by tangible actions. You would be far better off taking action all the time without reading any book.

THANK YOU SO MUCH!

I hope you enjoyed this book and that setting goals will be the beginning of a more meaningful and exciting life for you.

Finally, let me wish you all the best with your goals. I'm very much looking forward to hearing from you on my website.

- To connect with me join my Facebook page [here](#)
- To follow me on Youtube click [here](#)
- To check out my author page click [here](#)



Thanks a lot
Thibaut Meurisse
Founder of [Whatispersonaldevelopment.org](http://whatispersonaldevelopment.org)

Did you enjoy this book?

If you benefit from this book, make sure to leave a review on Amazon. You could inspire other people like you to make changes in their lives as well. And that would mean so much to me!

Thank you for your support!!
Thibaut



FREE BLANK SPACE

