

Crush This Quarter



Answer the following questions as you prepare to crush the upcoming quarter. The questions are designed to help you clarify where you should put your efforts in order to achieve the results you desire. Once completed, share your #1 goal with an accountability partner. Research shows that if you set a goal and you announce your goal to at least one other person (like a friend, colleague, or coach) and you tell that person you're strongly committed to make this happen—then you become **65% more likely to accomplish your goal.**

○ What is the #1 goal I want to accomplish this quarter?

○ Why is this goal important?

○ What will accomplishing this goal allow me to do in the future?

○ What smaller, secondary goals do I want to accomplish this quarter?

○ What beliefs, habits or practices must I put in place in order for me to succeed this quarter?

○ What limiting beliefs, habits, practices or people do I need to release this quarter so I can be successful?
