

# EXPLORE YOUR ENTHUSIASM

## WORKSHEET: CREATE MORE DO-ABLE GOALS

Set a goal for the next 3 months (nothing bigger than that!) and ask the following questions about it.

**What's the mission of your business?**

Not sure? Listen in [here](#).

**What matters MOST to you? (ie, what are your core values?)**

It's ok if you aren't 100% certain, just write down what first comes to you

**What does the business you want look like?**

What's a future destination for your business in the next 1-3 years?

**Is this goal in alignment with that?**

**How does it align with your values?**

Frame your goal so that it reflects one of your values.

What's your tendency when it comes to expectations?

Not sure? Check out [this explanation and Resource Guide](#)

How can you structure this goal (or the process of working on it) to work best for you, based on that tendency?

(ex. Get accountability, understand the WHY, etc.)

Does this goal make sense for where you are right *now*?

Do you have the time to work on it?

Are there other projects you're working on?

Do you have the energy?

Is this goal specific?

Is it measurable?

If yes, what exactly will you measure?

Do you have a plan of action? Do you know what actions you'll take each week to make it happen?

If not, you need to [make a map!](#)

If so, write it down somewhere you'll revisit it each week!