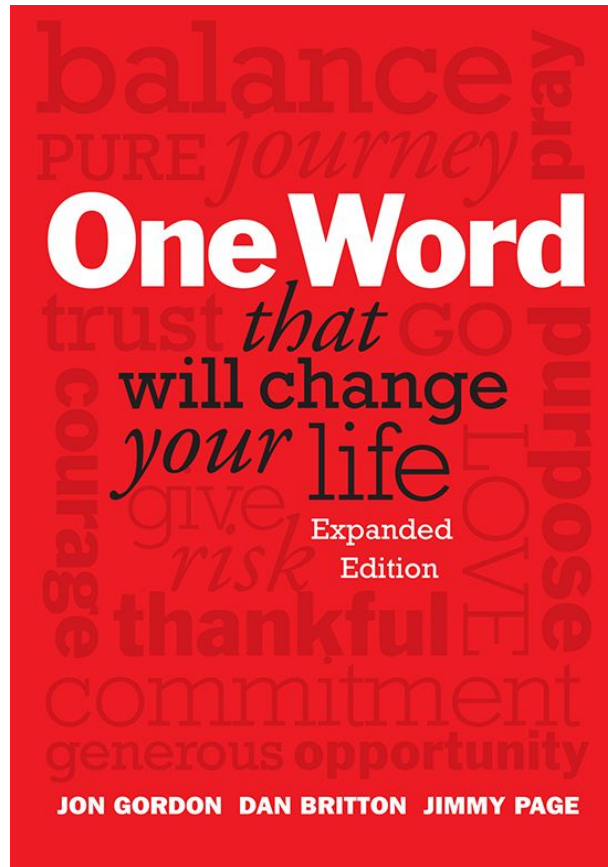


Name:

Date:





Do you set personal goals? Or maybe New Year's resolutions? How well have you done completing those goals? Are they mostly forgotten after a few weeks of your busy life?

At CPMFITness we've found a simpler process than setting annual, three-year or five-year goals. It's just One Word. Thanks to Jon Gordon's book (process) through his book called, "One Word that will change your life". It's one you'll want to return to at the end of each year to set your One Word for the following year.

But the book alone won't improve your goal-setting process. The purpose of knowledge is action. Reading a book – even a great book – on goal-setting does no good if you don't act on what you learned. This Action Booklet will guide you through and give you an annual goal-setting process that works.

Here is the Process:

1. Complete Page 3
2. Read [\*One Word that will change your life\*](#)
3. Complete the Assessment
4. Fill out the rest of this booklet
5. Meet with your Coach to review and make it official;-)
6. Take action on the things discussed in this worksheet
7. Live out your One Word all year long!
8. Return to this process with a new One Word every new year.



## PRE-ASSESSMENT

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We understand everyone has a different background and starting point. Let's get an understanding of your history and how well you've done setting and achieving your goals and resolutions. Please answer the questions and complete the following actions BEFORE reading *One Word that will change your life*.

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Have you ever set personal goals for yourself? If so, what process did you follow? Were they annual, five-year goals or something else? How well did you achieve those goals?

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What difference would it make in your life if you were better able to set and achieve your goals?

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## "ONE WORD"

(use this if you want to take any notes from the book)

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## DISCOVER YOUR ONE WORD: LOOK IN

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Now that you've read the book, it's time to apply the One Word process to your life. The first step is to prepare your heart and Look In. To do so, you need to Unplug. Get away from the noise and distractions in your life. Turn off your technology and find a quiet spot so that you can really listen to your heart. Then, answer the following questions (See page 33-34 of the book):

What do I need?

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What's in my way?

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What needs to go?

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Now, think of these three questions from the perspective of your role in the business. What does it need from you? What's in your way that's preventing you from providing that? What do you need to let go of to do that?

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## DISCOVER YOUR WORD: LOOK UP

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Now that your heart is ready, and you've answered a few questions, you're ready to receive your word. Don't rush it. Your word might come right away. But it could also take time. Listen and be open to the word that God shares with you.

Once you discover your word, write it down here:

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## DISCOVER YOUR WORD: LOOK OUT

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Keep your One Word where you can see it and be constantly reminded. List three things you will do to give yourself regular reminders of your One word:

1.

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2.

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3.

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Share your One Word with your Stretch Team, a group of family and friends that you trust. In addition to your coach, list at least two people you will share it with:

1.

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2.

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## FINAL THOUGHTS

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List your three biggest takeaways from One Word that will change your life:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

How can you help your teammates live out their One Word?

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After reading the book, how has your understanding of goal-setting changed?

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