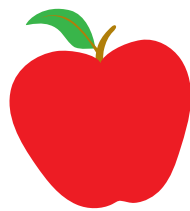


# SETTING GOALS USING THE START PROTOCOL

Turning dreams into reality  
one step at a time



## **START** stands for

- S** - SPECIFIC
- T** - TIME FRAME
- A** - ACTIONABLE (DO-ABLE STEPS)
- R** - REASON (YOUR WHY)
- T** - TAKE ACTION

# LET'S GET STARTED

**S MY SPECIFIC GOAL IS:**

I have / I am .....

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**T MY TIME FRAME FOR REACHING THIS GOAL IS (CYCLIC OR LINEAL DATE):**

It is now .....

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**A MY 3 ACTIONABLE STEPS (3 PLAYS) TO REACH THIS GOAL ARE:**

- 1 .....
- 2 .....
- 3 .....

## **R** THE REASON THIS GOAL IS IMPORTANT TO ME (WHY):

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## **T** THE MINDFUL ACTION THAT I WILL TAKE TOWARDS MY GOAL TODAY:

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*Reference:* Eating For You Book

*Acknowledgement:* Patsy Askew Mindset and Business Coach, The Doers Way<sup>™</sup>, for sharing her approach to goal setting.