

# GOALS WORKBOOK

This workbook goes along with episode 003 of the  
Rockbition Business Podcast

# THE 5 STEPS OF GOAL SETTING:

1. What is/are your Goal(s)?

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2. Brainstorm ways to reach your goal using Page 4.

3. \_\_\_\_\_ the ideas:

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# THE 5 STEPS OF GOAL SETTING:

4. \_\_\_\_\_ the steps:

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5. Add the steps to your \_\_\_\_\_

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Use the last few pages to write your Goals and brainstorm your ideas. Print out the last page and post it up somewhere that you will see it every day.

# #GOALS

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