

# MENTORLOOP

## GOAL-SETTING FRAMEWORK

### STEP 1



#### FIGURE OUT YOUR GOALS

For about 5 minutes, do a brainstorm/mind-dump of all short, medium, or long term goals that come to your mind - anything and everything.



Look through, curate, and prioritize the goals you wish to place on your formalised goal-sheet.

#### 1. **HABIT-FORMING GOALS:**

Goals that you would like to see become habitual behaviors. It takes between 21-60 days to form a habit; set the goal at between 4-8 weeks.

#### 2. **REACH GOALS:**

Goals that you have to take a few significant steps to 'reach'; can likely be achieved in between 3-12 months.

#### 3. **STRETCH GOALS:**

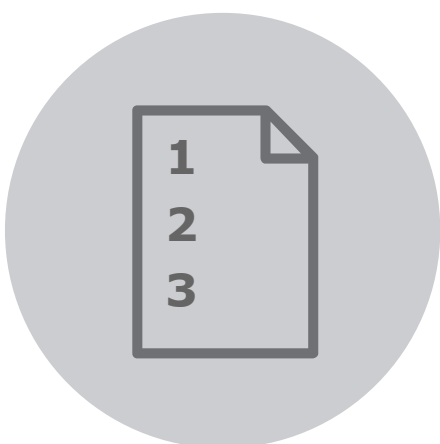
Goals that are out of reach for you right now, very aspirational, and are likely 2-5 years away.

### STEP 2



#### CREATE 3 TYPES OF GOALS

### STEP 3



#### CREATE 3 PHASES FOR EACH GOAL

**PHASE 1 - The aim here is to just take a step. Make it very easy to achieve.**

Examples: register for two networking events; register a domain on Godaddy; download a meditation app.

**PHASE 2 - Provides the 'meat' of the goal. The main action phase.**

Examples: meet-up with the two executives; build a working version of a website; meditate for 10 minutes everyday.

**PHASE 3 - Home stretch. Close the goal and unlock new potential goals.**

Examples: send emails to people you met and get feedback from networking events; begin blogging on site; maintain the new habit of meditating.