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## Week 2 Focus: Goals For This Decade

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### Description

As a remote worker we are left to our devices a significant amount of the time. While we have goals related to our work, it's likely that we will also be setting goals related to our own focus as well.

### Activity

This week's activity gets you to create a list of your goals for the decade. Over the last few years the notion of a Bullet Journal has taken root in popular culture. Bullet Journals are characterized by lots of open space and lists of what's important.

Start a part of your journal or notebook around what your goals are for this decade. While a goal list may seem daunting, think of yourself 10 years from now.

What do you want your work to look like? How do you want to spend your time?

What do you want to have accomplished? What milestones will you have reached? What life experiences do you want to have completed?

Make a bullet list – or bucket list – for all the things you hope to achieve.

What are your goals for the decade?

Dream big, don't limit yourself!

### Need to Know

Returning back to the vision work you undertook last week, what are the Annual, Quarterly and Monthly goals which are important to identify and focus on?

Setting goals is one part of the equation. What is going to create some momentum? What is a quick win? As I write in Coaching Business Builder and Plan Do Track "Consistent Action + Daily Steps = Momentum". What are the things you can do on a daily basis to chunk down your bigger goals?

### Want to take a deeper dive around this topic?

Check out Episode 3 of the Remote Pathways Podcast. You can find it on your favorite podcast player or at <https://www.remotepathways.com/podcast>.

Check out the Vision questions found on page 95 of Coaching Business Builder or page 99 of PlanDoTrack.

Use the Annual Plan templates found in Section 5.

**"Most "impossible" goals can be met simply by breaking them down into bite sized chunks, writing them down, believing them, and then going full speed ahead as if they were routine."**

Don Lancaster

### Did You Know?

James Clear writes, "Research has shown that you are 2x to 3x more likely to stick to your goals if you make a specific plan for when, where, and how you will perform the behavior."  
<https://jamesclear.com/goal-setting>