

# DR. JASON SELK

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*the relentless pursuit of greatness*

## ***Goal Setting for Greatness***

Name: \_\_\_\_\_ Date: \_\_\_\_\_

1. MP100+20: \_\_\_\_\_

2. The three levels of goals are:

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3. List your Vision Goal:

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- Desired Date of Accomplishment:
- Reward for Accomplishment:

4. List one product goal and three process goals needed to achieve the vision goal:

- Product Goal:
- Process (MP100):
- Process (MP100):
- Process (MP+20):
- Reward for Process Goal Accomplishment:

5. List one product goal and three process goals needed to achieve the vision goal:

- Product Goal:
- Process (MP100):
- Process (MP100):
- Process (MP+20):
- Reward for Process Goal Accomplishment:

6. I will define success as: \_\_\_\_\_

7. When will I accept excuses for coming up short on my process goals? \_\_\_\_\_