

Checklist

Item	Done
1. WOW Strategy 1	
2. Writing down your goals	
a. Personal development and health goals	
b. Relationship goals	
c. Career, business, economic and financial goals	
d. Travel, toys and adventure goals	
e. Contribution goals	
3. Setting a timeline	
4. Yes/no decisions	
5. Setting criteria	
6. Converting goals to effective outcomes	
a. Accentuate the positive, present and specific!	
b. Be in control	
c. See, hear, feel, smell, taste	
d. Do? Context	
e. Ecology check	
7. Being SMART: a checklist	
8. Motivation: reasons for aiming for this goal or dream	
9. Creating the dream	
10. Steps to take	
11. WOW Strategy II	