



Welcome to 2018

My goals are based on who I want to become as a human being, what do I care about and what am I willing to fight for?

Theme:

Most set goals in terms of what they want to have. Additionally, every 'having' goal you set, make sure to set 2 'being' goals that will help achieve them.

Being goals:

- Who we are
- Who we are becoming
- What skill we are developing, that are required to achieve our goals, so we can have what we dream about

Step 1: Decide what your Wildly Important Goal is in 5 years time

Start off with "Your Ideal Average Day"

It will help you to find out your vision and your values and what is important to you in life.

The purpose is to set goals that are in line with your vision and values.

Some guidelines:

- don't set big 'feel good' goals, but realistic goals and then expand on them as you grow as a person and close that gap.
- In the beginning write down anything and everything that comes to mind, no inner critic, strive for mess, bad ideas, good ideas, stuff you want to learn about,
- Whatever you have as objection you can't do, turn it around into a goal as something that can be learned.

Vision: start with your ideal average day in 5 years time:

- Where do you want to live?
- Whom do you want to hang out with?
- What do you want to have achieved?
- What are you going to have for breakfast, lunch and dinner?
- What kind of conversations are you having?
- What hobbies do you have?
- What purpose do you have in life?

Don't worry, you are not stuck with it, you can change it at any time. It's just useful because when you start thinking about your ideal average day you get clear on what is important to you in life, you get clear on your values. And if you design your goals in line with your values it will be much easier for you to achieve your goals.

To start off with your vision could be as simple as 'Be a full time forex trader', it doesn't need to be perfect.

Then ask yourself, why does it matter?

### Step 2: What is your attitude?

What are the actions you hold yourself to?

How do you show up? For example, determined and courageous

What are you prepared to do to achieve those goals?

What are the beliefs and values you have right now and what are the beliefs and values of someone who has already achieved that goal?

- There is always a way
- All I need is within me now
- I trust me
- I complete what I commit to complete
- I keep my promises to myself
- I am a freakin genius
- I am a learning machine

Which area should you grow and develop? (for example, financial numeracy)

What do you need to be doing so you can achieve our vision?

### Step 3: Create goals underneath your WIG, that will help achieving your WIG

Here you break your WIG into tasks, create systems and strategies around your trading business and create benchmarks and lead and lag measures to measure how you progress on your journey.

What are your 12 months / 90 day / monthly / weekly / daily goals that drive you closer to your wildly important 5 year goal?

You need to reassess your actionsteps and milestones leading to your WIG at each of those times.

So now you know if you take care of your daily top 5, which is a manageable chunk for you, your weekly top 5s are taken care of with that your monthly goals are taken care of and so it works its way back up.

Ask:

Who is going to be involved in this?

What resources do you need to progress towards your goals?

Where do you need to be for that?

When do you have to have completed your subgoals?

Then you could look at your SWOT analysis.. strengths, weaknesses, opportunities, threats.

SW is all about you, the internal factors and OT is all about the external factors..

Example:

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|--|
| <b>1 Year Sub Goal:</b><br>Personal Development  |
| <b>How this Goal Links to my WIG:</b><br>Learning self-mastery to take my losses at predefined exit and let my profits run to target |
| <b>Major Strategies to Achieve My Sub Goal:</b>  |
| 1. Attend trading psychology training  |
| 2. do all the homework   |
| 3. apply each module immediately in my life  |

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| <b>Next 90 Days Sub Goal:</b><br>Personal Development |
| <b>How this Goal Links to my WIG:</b><br>             |
| <b>Major Strategies to Achieve My Sub Goal:</b>       |
| 1.  |
| 2.  |
| 3.  |

**Next 30 Days Sub Goal:**

**Personal Development**

**How this Goal Links to my WIG:**

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**Major Strategies to Achieve My Sub Goal:**

1. |

2. |

3. |

**Weekly Sub Goal:**

**Personal Development**

**How this Goal Links to my WIG:**

| |

**Major Strategies to Achieve My Sub Goal:**

1. |

2. |

3. |

**Top 5 daily for Sub Goal:**

**Personal Development**

**How this Goal Links to my WIG:**

| |

**Major Strategies to Achieve My Sub Goal:**

1. |

2. |

3. |