

# Goal-Getting™ DREAM, DESIGN, DO - 3D Worksheets

Thank you for downloading our Goal Getting™ DREAM, DESIGN, DO™ - 3D Worksheets™. We look forward to helping you achieve your goals and becoming successful in whatever you do.

The 9 Steps to Successful Goal Achievement™ are the foundation for your success. The 3D ACT Program will hold you up as you work your plan toward successful achievement of the goal you set. Action Completion Tracker worksheets. People think that 9 steps are a lot to remember everyday. We've taken the 9 steps and created a system that will allow you to define your goals, create an action plan and measure and track that plan as you go through your goal achievement journey.

You have 3 tasks to complete before you start completing the worksheets.

1. Print a copy of the Goal Getting 3D Worksheet for each goal you want to complete in the next 90 days.
2. Grab a pen. Yes, a pen. You will be completing this by writing, not by entering it in on a computer.
3. You will write in cursive for the DREAM and The DESIGN sections.

## **The 3 D's of Goal Getting™ Success are:**

### **DREAM**

will define "EXACTLY" what you want your mind, your body, the universe, your God, your benevolent being, to bring to you. Specific is Terrific! Your mind and body need to know specifically what you want. It will provide the means for you to achieve what you ask for.

If you do not have a copy of my book, 9 Steps to Successful Goal Achievement, you should read it before you start writing. You can pick up a copy on Amazon.com by clicking here: <https://amzn.to/2AyfmFx>

I put an example on the Goal Getting 3D Worksheet Sample to give you an idea DREAM.

### **DESIGN**

what the completion of your dream will mean to you. How will you feel? Who will you help? What will it mean to you and your community, family, friends or whoever you are dreaming of as the recipient of your dream. This is the purpose of your dream, your WHY. Why do you want to achieve this goal.

### **DO**

DO is your action plan. As you start dreaming, you may not have any idea what you need to do specifically to achieve this dream. You may not know where to start, or how you are going to get what you need to achieve this dream when you first start. The key is to do something. ACTION is key. Maybe you need to take classes to learn how to do something to achieve your dream. Maybe you need to speak to an expert in their field to learn more. These are the tasks you need to do to achieve your goal. This section is for you to outline and identify the specific action steps you will need to take. These action

Worksheet we will talk about Value Events that you will track and reward yourself for when you accomplish them. The How will give you the overall action plan for your success.

# Goal Getting™ 3D Worksheet

## Dream | Design | Do

<b>DREAM</b>	What do I dream of becoming, achieving, creating, solving?
<b>DESIGN</b>	How will this impact my life, my family, my community, my planet?
<b>DO</b>	What should I be doing that moves me closer to my dream?

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## Goal-Getting™ Action Completion Tracker (ACT) Worksheets

The Action Completion Tracker Worksheet is a tool we use to help you monitor and track your action plan. When you created your action plan on the Goal Getting 3D Worksheet, you set up the tasks and activities that must be accomplished to achieve your dream. The Action Completion Tracker Worksheet goes even farther to track and manage the daily value events that you must do. You will not track everything you do. You will often do activities that will NOT move you forward and we don't care about tracking them. So, I am sure you are asking, "What is a Value Event?"

A VALUE EVENT is an activity or task that will bring you closer to your goals, whether it is earning money, getting better grades, being a class officer, helping your family or community, etc. If your goal is to achieve higher grades, you must learn the lessons presented. The goal of straight A's is not a value event. It is the result of successful value events. So what is a value event?

Meeting in a study group.  
Completing your homework.  
Meeting with teacher to get answer to questions.  
Reading additional material related to subjects you are taking.

These are examples of Value Events. A Big Value event would be presenting to the Board of Directors, Teaching a seminar to a large audience.

Enter all of the possible Value Events you would do to achieve your goal.

This worksheet is a 7 Day, weekly tracking tool. You will be assigning action for the value events for the number of days you realistically think you will need to perform those actions to be successful.

In the Goal column, enter the frequency you want to do that value event. It might be daily, 1-10 times per day, week, etc.

In the Reward column, you want to enter a value to reward yourself for achieving that value event for that day. How much is doing that value event worth to you? In my wellness goal, I have set up value events based on workout plans and actions. I reward myself for each pushup, situp, burpee, or exercise I do.

Each one burns calories and that is a valuable event if I want to lose weight. Each activity burns similar amounts of calories. Burpees burn a little more as it is a more intense exercise. I reward myself more with each burpee because they burn more calories and are therefore more valuable for each one.

Each day that I am assigned to perform a value event I enter the total amount of reward I did for those value events that day. At the end of the day, I am going to total up the amount I earned that day in the column. At the end of the week, I am going to total the rewards I earned in each row. The Totals column will show the total amount earned for the week for each value event.

In the Get It Goal column you will enter the total amount you would earn each week IF you do every one of the value events each day of the week assigned. This is the amount you are shooting for each week if you GET THE GOAL YOU SET each week. Your Total column should be this amount or higher each week. Let's not let it be lower.

At the bottom of the page you have two areas. The key area here is the Date and Signature line. When you complete this worksheet, you are setting up your action plan. This is your plan you say you will take action on and you are committing to these numbers you set down here. After completing this worksheet, you will date and sign this each week, committing to do what you said you would do. You are signing a contract with yourself each week to do the things you need to do to achieve your goals.

The second part of the bottom of the page is a running total of your success. You will total these values each week, entering it into the Balance to Date. You will continue to build the balance in your account until you achieve your goal. You should enter the week number and calculate the Average Weekly Balance. Is your average weekly balance growing? Are you doing more to achieve your goal?

The key is consistency. You want to track this every day, every week until you achieve this goal. The best time to fill this out is as you complete the value events for each day. Enter the rewards when you complete the event each day. The best time to do the totals for each day and week is at the end of the day right before you go to sleep. The key is to do it and do it every day and week until you complete your goal on the 3 Pillars of Goal Setting Success page for each goal.

# Goal Getting™ Action Completion Tracking Worksheet

Date Range											
1/05/2018 - 1/11/2018	Goal	Reward	MON	TUE	WED	THU	FRI	SAT	SUN	Totals	Get It Goal
<b>Big Value Events</b>											
<b>Calorie Intake</b>	<b>1200/Day</b>	<b>\$200</b>	200	200	200	200	200	200	200	\$1,400	\$1,400
<b>Calories Burned</b>	<b>2200/Day</b>	<b>\$200</b>	200	200	200	200	200	200	200	\$1,400	\$1,400
<b>Calorie Deficit</b>	<b>1000/Day</b>	<b>\$300</b>	300	300	300	300	300	300	300	\$2,100	\$2,100
<b>Value Events</b>										\$0	
No Breads w/Gluten	7 days	\$50	50	50	50	50	50		50	\$300	\$350
Cardio										\$0	
Elliptical (1 Hour each level 5)	3 / wk	\$100	100		100		100			\$300	\$300
Walk / Run (Sat/Sun - 5 Miles)	2/days / wk	\$200						200	200	\$400	\$400
										\$0	
<b>Body Weight Exercises</b>										\$0	
Burpees	10/day	25 each	250	250	250	250	250	250		\$1,500	\$1,750
Push Ups	25/day	10 each	250	250	250	250	250	250	250	\$1,750	\$1,750
Squats	50 / day	5 each	250	250	250	250	250	250	250	\$1,750	\$1,750
Other	20 / day	5 each								\$0	\$700
										\$0	
<b>Weight Training</b>										\$0	
Back	2 / wk	10 / each		10		10		10		\$30	\$40
Chest	2 / wk	10 / each	10		10		10		10	\$40	\$40
Arms	2 / wk	10 / each		10		10		10		\$30	\$40
Legs	2 / wk	10 / each	10		10		10		10	\$40	\$40
Abs	2 / wk	10 / each		10		10		10		\$30	\$40
										\$0	
										\$0	
										\$0	
										\$0	
										\$0	
										\$0	
<b>Actual TOTALS for Day/Week</b>			<b>1,620</b>	<b>1,530</b>	<b>1,620</b>	<b>1,530</b>	<b>1,620</b>	<b>1,680</b>	<b>1,470</b>	<b>\$11,070</b>	<b>\$12,100</b>

Date: 1/11/2015

Signature: *Tony Woodall*

<b>Balance to Date:</b>	<b>11,070</b>
<b>Week #:</b>	<b>1</b>
<b>Avg Weekly Balance:</b>	<b>11,070</b>

# Goal Getting™ Action Completion Tracking Worksheet

Date Range	Daily Goal	Reward	MON	TUE	WED	THU	FRI	SAT	SUN	Totals	Get It Goal
<b>Big Value Events</b>											
<b>Value Events</b>											
<b>Actual TOTALS for Day/Week</b>											

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

Signature: \_\_\_\_\_

<b>Balance to Date:</b>	_____
<b>Week #:</b>	<b>1</b>
<b>Avg Weekly Balance:</b>	<b>0</b>