25/5 Rule Worksheet

25 GOALS

to focus on in the next __ year/s

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____
21. _____
22. _____
23. _____
24. _____
25. _____

1. Set aside around 30-40 minute with your undivided attention to the task
2. Make a list of the 25 goals/tasks/projects that you want to achieve in the near future.They can be in any area of your life that you would like to change or improve (leisure, health, relationships, family, study, personal growth, career . . .)
3. Circle the 5 most important ones and put them at the tops of the list
4. Set SMART* goals for the 5 you circled
S - Specific **M** - Measurable **A** - Achievable
R - Realistic **T** - Timely
5. Avoid the other 20 goals AT ALL COST while working on the top 5!

5 MOST IMPORTANT GOALS

1. _____
2. _____
3. _____
4. _____
5. _____

"Setting goals
is the first step
in turning the invisible
into the visible."

Anthony Robbins